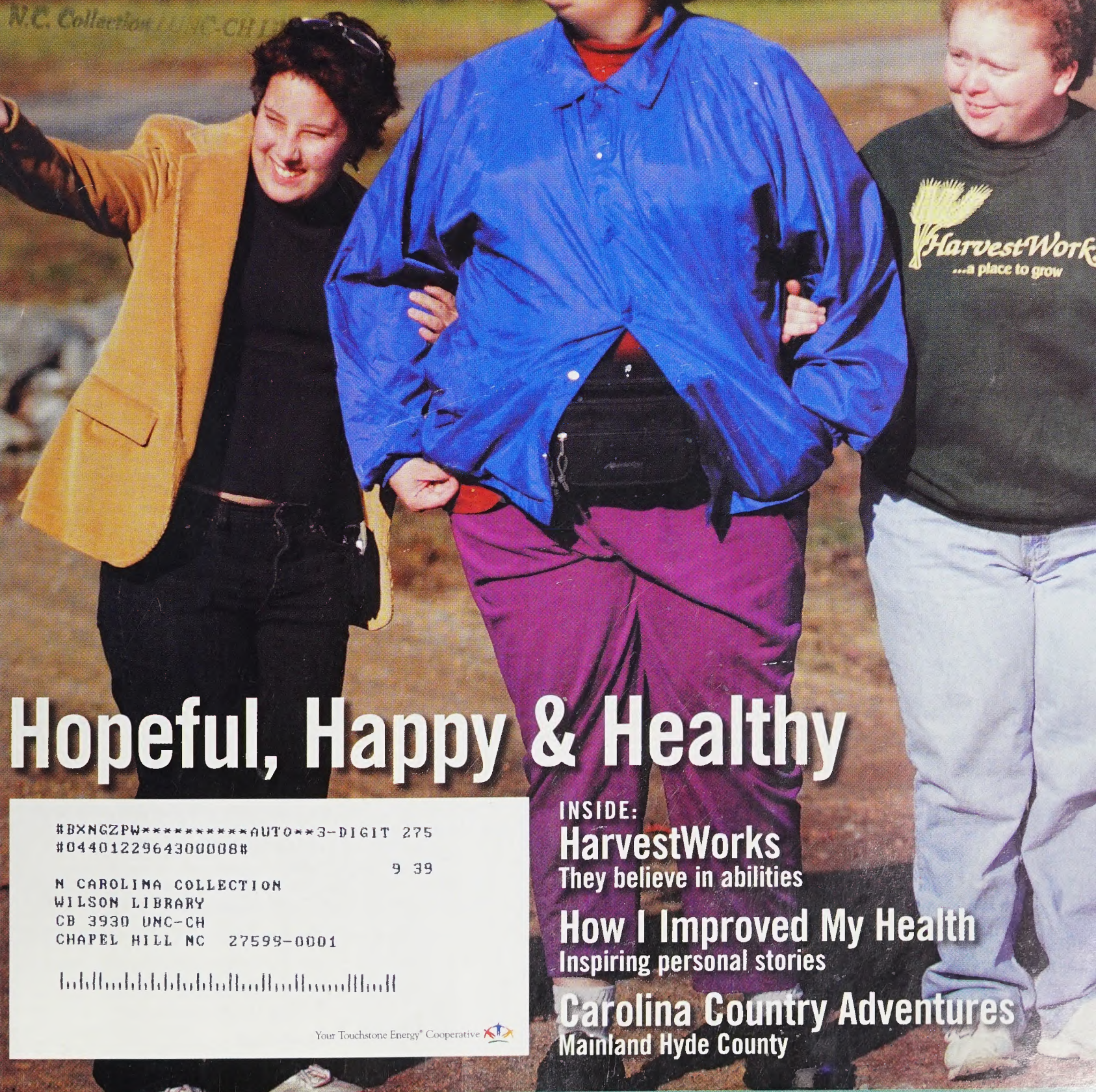


# Carolina Country

N.C. Collection / UNC-CH




## Hopeful, Happy & Healthy

#BXNGZPW\*\*\*\*\*AUTO\*\*3-DIGIT 275  
#0440122964300008#

9 39

N CAROLINA COLLECTION  
WILSON LIBRARY  
CB 3930 UNC-CH  
CHAPEL HILL NC 27599-0001



Your Touchstone Energy® Cooperative 

INSIDE:

### HarvestWorks

They believe in abilities

### How I Improved My Health

Inspiring personal stories

### Carolina Country Adventures Mainland Hyde County

Randy and Dolly Parton see the light in Halifax County—page 9



# "The Hidden Power of Blueberries!"



(By Frank K. Wood)

If you'd like to prevent — even help defeat — many common ailments including heart disease, type 2 diabetes, and arthritis with delicious foods you already love, you need *Eat and Heal*.

Discover which foods are loaded with nutrients that scientists say prevent aging and disease — strawberries help prevent cancer, green tea strengthens bones ... honey even alleviates allergies. Get this book and start eating your way to better health today!

- Tired and sluggish? Find out what kind of foods will give you more energy.
- This one substance fights type 2 diabetes, heart disease, stroke, impotence, and cancer. Get the details.
- Sprinkle a few of these berries on your cereal in the morning, and you could help lower your blood sugar and sharpen your memory.
- Lose weight without even trying! That's what these men did — even while consuming the same total calories — when they ate

this 50¢ meal each day. And they lowered their cholesterol, too!

- Fight Father Time with this humble dried fruit. Research shows it could help stave off the diseases of aging, including Alzheimer's and Parkinson's disease.
- Say "No!" to macular degeneration. Want eagle-eye vision for years to come? Munch this garden-fresh delight and cut your risk of age-related macular degeneration by 43 percent!
- A glassful of this with your meals can fight heart-damaging free radicals.
- Joint pain? Foods rich in this vitamin may slow the damage of osteoarthritis, and even repair damaged cartilage! Get the facts.
- Eat away arthritis! Ease your pain with this scarlet fruit.
- Nutrient Super-Hero! This one sweet little fruit acts like a multivitamin — providing beta carotene, iron, vitamins C, B vitamins, lycopene, magnesium, and copper!

## TO ORDER A COPY

*Eat & Heal* for \$9.99. See coupon.

©FC&A 2006

# "HONEY Can Heal WHAT?!"



(By Frank K. Wood)

If you want to learn how to use gentle folk remedies to unleash your body's healing power instead of resorting to dangerous prescription drugs or risky surgery, you need *The Folk Remedy Encyclopedia: Olive Oil, Vinegar, Honey and 1,001 Other Home Remedies*.

You'll be amazed by how many inexpensive, easy, natural cures you can find all around you — in your pantry, garden, garage, and grocery store.

- One super vitamin protects your vision, fights infections, keeps skin, bones, and cells healthy, plus fights heart disease, cancer, memory loss, arthritis, liver disease, Parkinson's, and complications of diabetes. Are you getting 100%?
- Flatten your stomach without gut-wrenching exercises. These tips turn ugly flab into rock-hard abs!
- A natural way to rejuvenate your veins and arteries that will have you feeling brand new.
- Miracle healing seed lowers blood pressure, reduces risk of stroke, plus fights arthritis, heart disease, type 2 diabetes, stomach disorders, and even mental problems!
- Prevent high blood pressure, colon cancer, senility, and fragile bones. All with one — yes, one — inexpensive daily supplement that keeps you healthy and strong.
- That "spare tire" around your waist is doing more than just slowing you down. It also increases your risk of many life-threatening illnesses. Burn it off without gut-wrenching sit-ups and grueling fitness regimens.

- Nature's wonder food for your body — once praised by Gandhi. Fights heart disease, high blood pressure, stroke, arthritis, type 2 diabetes, and even protects against breast, colon, and prostate cancer!
- Clogged arteries virtually disappear when you add this to your life every day.
- Here's the secret to naturally block out calories from foods. Just add this when you eat — and watch the weight melt away.
- It protects your heart, lowers your cholesterol, fights cancer, and much more! Researchers take a good look at this "miracle" mineral.
- Kills cancer cells dead in their tracks! Duke University study proves this tiny seed packs a powerful punch!
- Just 2 glasses a day of (you won't believe this — but it's true!) lowers your cholesterol — and prevents heart attacks too!
- Trick your body into losing weight! Melts off fat safely, naturally and best yet, easily.
- Give your brain the nutrients it needs for a better memory. Don't let your brain deteriorate when you can so easily power it up.
- Discover an antioxidant that's so powerful for your eyes that it fights night blindness, cloudy corneas, and can even successfully treat an eye disorder that leads to blindness!

## TO ORDER A COPY

*The Folk Remedy Encyclopedia* for \$9.99. See coupon. ©FC&A 2006

"Stoller's Honey" is a registered trademark of W. Stoller's Honey, Inc.

# "Foods that 'EXPLODE' in Your Bowel!"



## Plain Answers about IBS, Constipation, Diarrhea, Heartburn, Ulcers, and More!

(By Frank K. Wood)

If you suffer from bloating, cramping, chronic constipation/diarrhea, or other symptoms of Irritable Bowel Syndrome (IBS), you need *Complete Guide to Digestive Health*. Learn about important new research that identifies which foods are your allies and which foods are your enemies, and find out which tasty beverage you should sip to soothe an irritable bowel, PLUS ...

- These exercises strengthen your bladder in addition to giving you peace of mind.
- Belching, bloating, and gas — they could be warning signs of up to 6 hidden health problems.
- Constipation: A natural cure that's better than fiber.
- The 2¢ colon cleanser! It helps prevent cancer!
- Lower blood pressure ... fewer ulcers ... less colitis ... just some of the benefits of letting yourself do this.
- What produce can protect you

from colon cancer?

- 12 ways to ease stress and calm digestion.
- Put a stop to constipation with as little as one tablespoon a day of this mystery food.
- Does your digestive system benefit more from savory breads and cereals or from scrumptious fruits and vegetables? The answer may surprise you!
- Vitamins and minerals may keep you from getting colon cancer, even if this awful killer runs in your family.
- Irritable bowel syndrome? Check here for another common disorder that could be your real problem.
- Like red meat? You can still lower cancer risks by adding this to your plate.
- Heal your body, improve digestion, moisturize skin, help control weight ... and it's free.

## TO ORDER A COPY

*Complete Guide to Digestive Health* for \$9.99. See coupon. ©FC&A 2006

## Coupon

Learn all these amazing secrets and more. To order your books, just return this notice with your name and address and a check for \$9.99 per book, plus \$3.00 shipping and handling to: FC&A, Dept. 1388 103 Clover Green, Peachtree City, GA 30269. You get a no-time-limit guarantee of satisfaction or your money back.

**FREE SHIPPING** if you order two or more books

**You must cut out and return this notice with your order. Copies will not be accepted!**

**IMPORTANT — FREE GIFT OFFER EXPIRES FEBRUARY 21, 2006**

All orders mailed by February 21, 2006 will receive a free gift, *Simple Solutions to Common Health Problems*, guaranteed. Order right away!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

☐ Quantity \_\_\_\_\_ BPFS *The Folk Remedy Encyclopedia*


☐ Quantity \_\_\_\_\_ BFDS *Eat and Heal*

☐ Quantity \_\_\_\_\_ BISS *Complete Guide to Digestive Health* 1388





Published by North Carolina Association  
of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperatives   
(800) 662-8835  
www.carolinacountry.com

## Editor

Michael E.C. Gery, (800/662-8835 ext. 3062)

## Senior Associate Editor

Renee C. Gannon, CCC (800/662-8835 ext. 3209)

## Contributing Editor

Karen Olson House, (800/662-8835 ext. 3036)

## Editorial Intern

Jennifer Taylor

## Creative Director

Tara Verna, (800/662-8835 ext. 3134)

## Senior Graphic Designer

Warren Kessler, (800/662-8835 ext. 3090)

## Contributing Graphic Designer

Dan Kurtz

## Business Coordinator

Jenny Lloyd, (800/662-8835 ext. 3091)

## Advertising Manager

Jennifer Boedart Hoey, (800/662-8835 ext. 3077)

## Executive Vice President & CEO


Chuck Terrill

## Senior Vice President, Corporate Relations

Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

All content © Carolina Country unless otherwise indicated.

 **Member, Audit Bureau of Circulations**


Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc. (ISSN 0008-6746) (USPS 832800)

**POSTMASTER:** Send form 3579 to P.O. Box 27306, Raleigh, N.C. 27611.

**Subscriptions:** Individual subscriptions, \$10 per year. \$20 outside U.S.A. Schools, libraries, \$6.

Members, less than \$4.

**Address Change:** To change address, send magazine mailing label to your electric cooperative.

 Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 7 million households.

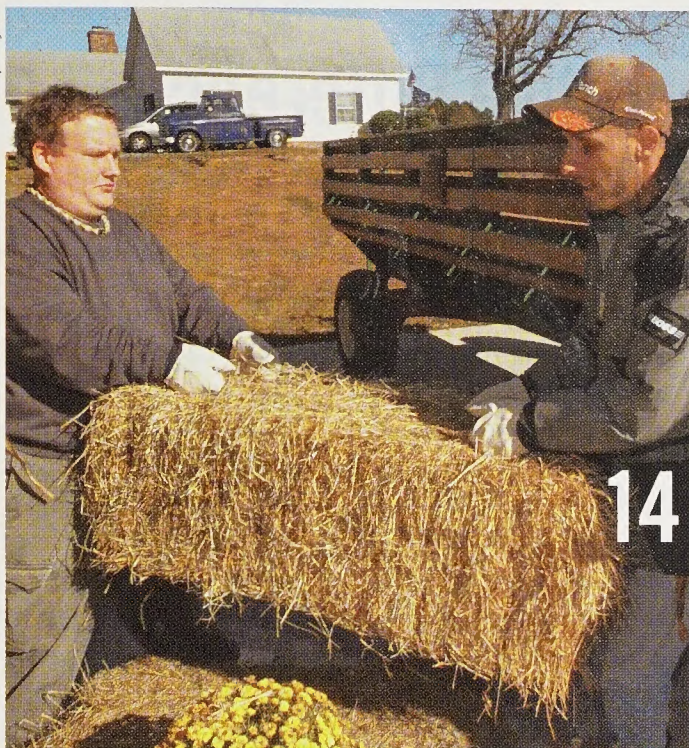
Advertising published in Carolina Country is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. The magazine, North Carolina Association of Electric Cooperatives, Inc., and the member cooperatives do not necessarily endorse the products or services advertised. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. Should you encounter advertising that does not comply with these standards, please inform Carolina Country at P.O. Box 27306, Raleigh, NC 27611. (919) 875-3062.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

## HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

Joseph Brymer



14

## FULFILLING HOPES & DREAMS

HarvestWorks in Cleveland County offers job training, fun and a sense of belonging to developmentally disabled people. Pictured here are Michael Chumlay and Tommy Self loading hay on the farm.

## 18 HOW I IMPROVED MY HEALTH

Inspiring stories of how you took control of your health.

## 26 SMOKING OUT THE METH LABS

Law enforcement needs vigilant communities to help rid the North Carolina countryside of illegal drug labs.

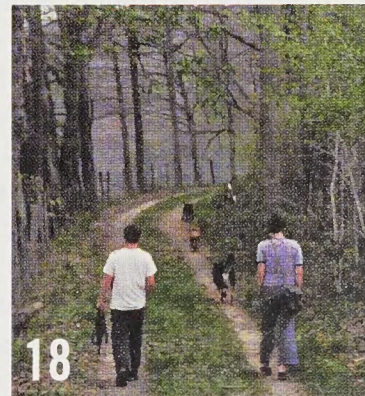


9



## ON THE COVER

Three of the regulars at HarvestWorks in Cleveland County (from left): Kristy Bowen, Sandy Adcock, Tamara Oxendine. See what HarvestWorks is all about on pages 14-15. (Joseph Brymer photograph)



18

## departments

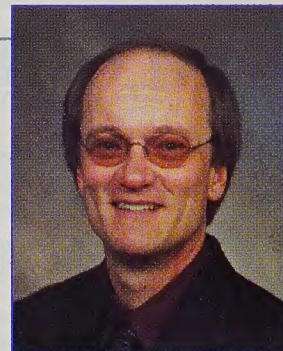
First Person .....	4
The cooperative difference and your electric rates...Also: Where is this in Carolina country?	
More Power to You .....	8
Randy and Dolly Parton, along with Roanoke Electric Cooperative, light up Halifax County.	
You're From Carolina Country If.....	28
Carolina Country Store .....	30
Joyner's Corner .....	33
A leak from the Pentagon.	
Marketplace .....	32 & 34

Carolina Compass .....	35
January events and exhibits.	
Carolina Gardens .....	38
All about witch hazel.	
Energy Cents .....	40
Improving fireplace efficiency.	
Classified Ads .....	41
New this month: 1998 motor home.	
Carolina Kitchen .....	42
Recipes from Tideland EMC territory. (Thanks to Heidi Jernigan Smith.)	



# How the Cooperative Difference Affects Your Rates

By Norman Sloan



As a member of an electric cooperative, you are more than a customer who benefits from the electric power your cooperative provides. Members enjoy certain rights that customers don't have with other electricity providers. For instance, the board of directors that you have elected to run your cooperative is composed of people who live and work in the communities that your cooperative serves.

The way your cooperative determines the price you pay for your electric service is also different from the way other electricity providers set their rates. Your cooperative's rates are based on two main components: the actual cost of the wholesale power we buy, and the cost for us to get that power to you. Our power provider, the North Carolina Electric Membership Corporation, which is also a cooperative, sets wholesale power costs. Your cooperative has two seats on NCEMC's board of directors. As a cooperative, NCEMC is a not-for-profit organization in the business solely to keep rates low, while guaranteeing a stable supply of electricity.

As cooperatives, we serve members locally, but we obtain power nationally. We are a group of 26 Touchstone Energy cooperatives who together form one of the largest wholesale power buyers in the nation. We can take advantage of our numbers and our combined understanding of the wholesale power market to make decisions that keep our power supply both stable and economical. Our wholesale power comes from a variety of sources, so we can remain flexible in our short-term commitments and confident in our long-term commitments. The largest single source in our portfolio is nuclear energy, representing nearly half our power supply. North Carolina's cooperatives are a part owner of the Catawba Nuclear Station in York County, S.C., one of the best-performing nuclear power plants in the nation, and we are proud to have invested in it. Not only has nuclear energy been a clean source of power, it also has not suffered the price fluctuations of other forms of energy. As a result, North Carolina's Touchstone Energy cooperatives have not seen our own power costs rise as much as other electric utilities in the region. So that, too, is part of the cooperative difference.

The second component—the cost to get power to you—is all other operational costs, including the cost for poles and lines, the cost and maintenance of trucks and buildings, actual employee costs like wages and benefits, and the costs associated with maintaining records, like the printing and mailing of bills.

Many cooperatives have seen recent increases in both the cost of their wholesale power and the cost to run the business. Through increased efficiency and productivity, we at Haywood EMC managed to absorb some of these increases,

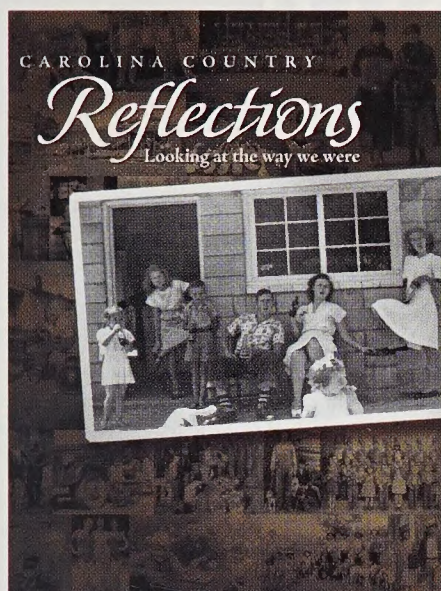
but the cumulative increase in the cost over the past three years made it impossible to continue to do so without an increase in our rates to members. Several cooperatives throughout the state have had to adjust their rates accordingly. At Haywood EMC in November, we announced a rate increase to members. A typical residential member using 1,000 kilowatt-hours of electricity per month has seen a bill increase of about \$4.01.

One of the biggest differences of a utility cooperative is that the cooperative works only for you. We don't have stockholders expecting a big quarterly dividend. We are a not-for-profit enterprise, which means we're working only to provide you with economical, reliable service. We do collect some money that is used for capital improvements, and that, too, is figured into your rates. It helps us to build improvements and remain technologically up to date. Any money collected in excess of those required funds is allocated to each member's account as "capital credits." Capital credits represent your investment in the cooperative and all its assets. The board of directors that you elect considers at least once a year whether or not we can return some of these investment dollars to our members. Returning capital credits to members is a practice unique to the cooperative form of business and represents one of the cooperative principles—members' economic participation. In December, for example, Haywood EMC issued a capital credits refund of about \$344,000 for people who were members during 1983–1999. Those with a return of less than \$10 saw a credit on their December bill. Those with a return of \$10 or more received a check in the mail. In addition, Haywood EMC retired approximately \$204,000 in capital credits to estates of deceased members, which brings to about \$548,000 the total capital credits we issued in 2005. In our case, this was equivalent to a reduction of about 2.2 percent in the cost of power. Now that's a difference!

So, when considering your overall rates, you need to figure "the cooperative difference" into all the factors that determine what you pay for your electric service: you own and participate in the business; you elect the management; your service is local while your power supplier is among the most sophisticated there is; your power supply is diverse and stable; and when business allows it, you receive capital credits refunds. Now those differences are worth keeping.

*Norman Sloan is executive vice president and general manager of Haywood Electric Membership Corporation which serves nearly 24,000 members in Buncombe, Haywood, Jackson, Macon, Madison and Transylvania counties, as well as Oconee County, S.C. and Rabun County, Ga. He also serves on the executive committee and board of directors of North Carolina Electric Membership Corporation.*





### Cousins on the cover

Imagine my surprise when I saw my mother's picture on the cover of the "Reflections" book.

My mother (far right) passed away from breast cancer in 1997. Last February, I visited my mother's first cousin in Texas. She and her husband had just celebrated their 50th wedding anniversary. Her grandchildren had put together a picture video as their gift. This old picture was part of the collection. It was a hit with all of us, all of the young cousins taking a break on their Grandpa's country store porch depicting life so carefree and simple. I brought home several copies and put one of the pictures on my refrigerator.

As I sat drinking my coffee one morning and reading Carolina Country, I saw your request for rural life pictures for the coffee table book. I had hoped the picture would also be a hit with your staff as well. I was not surprised when I was notified it had made the book, but when I opened my package containing the book, I cried! My mother and her family gracing the cover like that is better than gold to me. Her cousins were very dear to her because she was an only child. They all grew up very close.

This book is the best Christmas present I could have ever received. All of the pictures are absolutely fabulous. Thank you for making a tribute to my family as well as all of North Carolina.

Keep up the good work. We love Carolina Country every month.

Candy Idol Slate  
Kernersville

*Note: The photo shows the cousins drinking sodas outside Grandpa Ziglar's store in Madison, Rockingham County, around 1948. They are (from left) June Baker, Loretta Hurd, Tyrone Baker, Stevie Gibson, Valeria Venable, baby Patti Baker and Barbara Brooks. Mozelle Ziglar Venable took the picture. She was married to Lt. Col. Marvin Venable, U.S. Army, and they were the only ones with enough money to own a camera.*

### Been there, seen that

I received my "Reflections" book, and what a book! After opening the package and seeing the marvelous cover, I could not put it down until I read about and looked at every picture. Thanks to the people that worked on this project, they are professionals.

While looking and reading, this brought back memories of hardships the back generations went through so we could have our conveniences and pleasures today. At the age of 84, I have been there, seen that and done most of the things the pictures show.

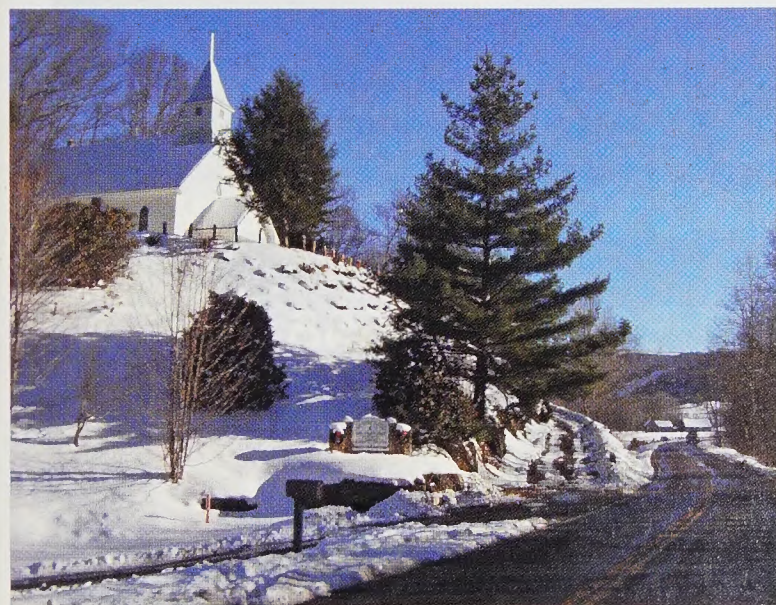
I enjoy the Carolina Country each month. You do a great job. I am also glad to be part of the Blue Ridge Electric co-op with the service we have here in Caldwell County.

George Glover  
Lenoir

To order "Carolina Country Reflections," see page 11.

### Contact us

**Web site:** [www.carolinacountry.com](http://www.carolinacountry.com)  
**E-mail:** [editor@carolinacountry.com](mailto:editor@carolinacountry.com)  
**Phone:** (919) 875-3062  
**Fax:** (919) 878-3970  
**Mail:** 3400 Sumner Blvd.  
 Raleigh, NC 27616



### The Winner:

The scene in the December magazine showed the Otis Beasley Jr. barns on North Spring Branch Rd. in Dunn near Eugene Jernigan Rd. in South River EMC territory. Correct answers were numbered and the \$25 winner chosen at random was Bridget Lee of Dunn, member of South River EMC.

### Where In Carolina Country Is This?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Jan. 6 with your name, address, phone number and the name of your electric cooperative.

**By e-mail:** [where@carolinacountry.com](mailto:where@carolinacountry.com)

**Or by mail:** Where in Carolina Country?  
 P.O. Box 27306  
 Raleigh, NC 27611

The winner, chosen at random and announced in our February issue, will receive \$25.





# Nobody's perfect.

We get that things can happen. So we created a card that treats you right, starting with no late fees when you use your card for a purchase or cash advance.

## Introducing the Citi Simplicity<sup>SM</sup> Card.



- ▶ **No late fees**  
Use the card for a purchase or cash advance once each billing period and never pay a late fee\*
- ▶ **Free resources to help you maintain good credit**, like payment due alerts
- ▶ **Press "0"** to speak to a live person
- ▶ **Great low rate, no annual fee and no balance transfer fees** with this offer

**0% APR on purchases AND balance transfers until 2/1/07\*\***

Apply online or call by 3/15/06

**apply.citisimplicity.com**

**1-800-514-9658**

use offer code F4A2

**\*What you should know about late fee waivers.**

Late fees will be waived as long as you've made a purchase or cash advance in the same billing period that the payment is due. Balance transfers do not qualify. Please know that your APRs may increase if your payment is late and late payments may negatively affect both your credit history and account terms.

**\*\*How your low rate works.**

After the promotional period, the standard APR for purchases will be applied to all remaining balance

transfer and promotional purchase amounts. (As of November 1, 2005, the standard variable APR for purchases: 12.74%; the standard variable APR for cash advances: 21.74%.) However, if you are in default under any Card Agreement that you have with us, we may automatically increase the rate on all balances (including any promotional balances) to a variable default rate of up to 30.74%. The minimum finance charge is \$0.50. Foreign purchase transaction fee is 3.0% of purchase amount after its conversion into U.S. dollars. The transaction fee

for cash advances is 3.0% of the amount of each cash advance, \$5 minimum. The transaction fee for balance transfers is 3.0% of the amount of each balance transfer, \$5 minimum, \$75 maximum. However, we will waive the balance transfer transaction fees on balances you transfer in response to this offer.

New cardmembers only. Subject to credit approval. Additional Terms and Conditions apply.

©2006 Citibank (South Dakota), N.A.

O-SPZ16-BEI-G29



# Built On Your Land



*The Hanover*

*Stick built, the way it's supposed to be.*

**1 800 New-House**

*Call for a FREE copy  
of our New Floor Plan Book!*

**[www.AmericasHomePlace.com](http://www.AmericasHomePlace.com)**



Rendering is artist's concept and does not represent final plan. ©2006 America's Home Place, Inc.

EQUAL HOUSING  
OPPORTUNITY





## Touchstone Energy® cooperatives reward innovative teachers

A surprise visit by Carolina Panthers team members, motivational messages by nationally renowned educators, a Caribbean cruise giveaway for one deserving teacher, and the awarding of grants to some of the state's most innovative teachers highlighted Bright Ideas Week in North Carolina, Nov. 14-18.

"Bright Ideas is in its twelfth year assisting North Carolina's teachers. It's also been our most successful year," said Suzanne Ward, statewide Bright Ideas coordinator for North Carolina's Touchstone Energy® cooperatives. The state's electric cooperatives awarded \$540,000 in 2005, a record amount of grants for the Bright Ideas program. Since 1994, North Carolina's Touchstone Energy cooperatives have funded more than \$4.5 million in Bright Ideas grants that have reached 800,000 students. North Carolina's Touchstone Energy cooperatives established the Bright Ideas program to help teachers who were funding classroom-based projects out of their own pockets.

On Nov. 14, at the City Hotel & Bistro in Greenville, the Electric Cooperatives of Eastern Carolina awarded Bright Ideas grants totaling more than \$45,000. In addition to presenting the award-winning teachers with their cash, the electric cooperatives surprised Juvanda Crutch, 7th grade math teacher at Currituck County Middle School, with a 7-day Caribbean cruise for two. She won the

prize in a random drawing. The popular world traveler Flat Stanley also attended the event.

On Nov. 15, Carolina Panther players Jamal Robertson (running back and kick return specialist), Efreem Hill (wide receiver) and Atiyyah Ellison (defensive lineman) paid a surprise visit to McKee Road Elementary in Charlotte to kick off Bright Ideas Week and present a \$1,008 Bright Ideas grant on behalf of Union Power Cooperative for the project "Gardens for Habitat." The grant purchased vegetables, flowers and potting soil for the third grade students to create a garden for a family receiving a Habitat for Humanity house. It is a year-long project that will enable students to learn about service through multi-curriculum, including science, math, physical education and character education. Paving bricks, also purchased by the grant, will be painted and colored by the students with "character education" words and will frame the garden at the Habitat for Humanity house.

"There are many exciting facets to this project," said Carrie Cameron, Union Power Bright Ideas coordinator. "The most appealing aspect is that the faculty at McKee Road Elementary is not only making their children better students, they're helping them become better people. Union Power is proud to be a part of McKee Road Elementary's innovative program."

HJ Action Photos



Bright Ideas grant winner Juvanda Crutch (left) accepts a certificate for a seven-night Caribbean cruise for two from Chris Powell, director of public relations for Albemarle EMC, Hertford. "Although you can't tell from my outer appearance, I was thanking God for this wonderful blessing," said Crutch, a newlywed. The popular world traveler Flat Stanley also attended the event in Greenville.

Renowned educator Brian Freeman keyed a Bright Ideas awards luncheon on Nov. 17 at the Hilton North Raleigh for 150 winning teachers in the Triangle and surrounding areas. Freeman has been recognized on the local, state and national level for his outstanding creativity and teaching efforts. Recently he was named the North Carolina Wal-Mart Teacher of the Year and in the past was a Disney teacher honoree, named National Second Grade Teacher of the Year by Staff Development for Educators, and has twice been named by USA Today as one of the nation's top 40 teachers.

The 130 teachers honored at the luncheon were awarded more than \$145,000 in Bright Ideas grants. Winning teachers attending the luncheon are from Wake, Durham, Orange, Chatham, Cumberland, Sampson, Harnett, Lee, Duplin, Bladen, Pender, Columbus, Hoke, Robeson, Randolph, Alamance, Caswell, Person, Johnston, Granville, Vance, Moore, Nash, Pitt, Wayne and Franklin counties.

Peter Damroth



Brian Freeman, North Carolina Wal-Mart Teacher of the Year, impressed the crowd at the Bright Ideas awards luncheon in Raleigh Nov. 17.



# Randy and Dolly Parton see the light in northeastern North Carolina

By Angela Perez

Who loves living in Carolina country?

I do.

And why?

Well, it isn't just for the cracklin' biscuits, collard greens and pigtails that I am so fond of.

It's because nowhere else in America would a solemn song-tribute to armed forces veterans turn into what felt like an old-time tent revival celebration right in the middle of a giant field beside busy Interstate 95. Although this particular celebration was happening on Veterans' Day when many brave men and women were honored, the main reason for the country music star-studded hoopla in Roanoke Rapids last Nov. 11 was for a groundbreaking ceremony. And another group of veterans—Grand Ole Opry veterans to be exact—were up there on stage.

As we all know, groundbreaking affairs are infamous for being dry, dull and boring. But not this one. This affair—for the Randy Parton Theater and Carolina Crossroads Music and Entertainment District—was anything but.

Randy Parton, younger brother to the ageless country music diva Dolly Parton, and his wife, Deborah, gave attendees a small but seductive taste of what we can expect when this \$129 million music complex opens and gets to rollin' full tilt in rural northeastern North Carolina. Star talent spanning the stage included Jim Ed Brown, Bill Walker, Jeannie Seely, Ray Pillow, Jan Howard and Helen Cornelius.

And then, of course, there was Dolly, who was already drumming up business. "Ya'll make sure you support my little brother," she encouraged with a big ol' pretty smile followed by the cutest giggle you've ever heard.

A 1,500-seat theater is the first phase of the planned 750-acre district. Randy's namesake venue is set to open as early as April of 2007. "You're definitely going to be in for a good time," Dolly promised the crowd—a crowd estimated by local police at more than 10,000, which made this one of the largest groundbreaking events in North Carolina history.

## "No more darkness, no more night"

Now, it's true, a lot of excited politicians made a lot of speeches and there was just a little bit of repetition to the gushing praise that went out to "key people who made this project happen." But all of the formalities were easily forgiven when, just as the legendary music line-up finished a moving version of "The Star Spangled Banner," Dolly said in a Southern drawl sweet as thick, warm molasses, "Hey everybody, let's sing some gospel songs."

Angela Perez



Country music diva Dolly Parton with her brother Randy and his wife Deborah (at right) welcomed some 10,000 people to the site of the Randy Parton entertainment complex in Halifax County. Roanoke Electric Cooperative will let it shine when the project requires electric power.

## Nobody had to twist any arms.

They broke out into the liveliest version of "I Saw the Light" I've ever heard (and I've been to a lot of tent revivals in my day). And boy, oh, boy—are a lot of folks seeing the light. Every local citizen, politician, business leader, shop owner and entrepreneur in attendance meant it when they sang the chorus to the popular old hymn: "No more darkness, no more night."

And why? Because this theatre, according to Lynn Minges, executive director of the N.C. Division of Tourism, Film, and Sports Development, is going to be a premier vacation destination in the South. The theater and entertainment district is expected to pump over \$500 million into the local economy and create an estimated 12,000 jobs in the next five years, according to a study by UNC-Chapel Hill.

Nearby Halifax Community College is creating a curriculum specifically designed to produce qualified sound and lighting technicians for the complex. "The economic impact of this project is staggering and will be felt for generations to come," said Jack Runion, chairman of North Carolina's Northeast Partnership, Inc., a key organization in bringing the project to fruition.

I for one can't wait to see how theater looks the day they turn on the "Open" sign, which, by the way, will be flashing thanks to Roanoke Electric Cooperative of Rich Square.

That's right, thanks to one of North Carolina's rural electric

*Continued on pg. 10*



*Partons continued from pg. 9*

cooperatives, the microphones on the main stage will have the power to make sure that Dolly's voice carries all the way to the back of the house.

Roanoke Electric has committed itself to providing power for the first phase of the project. Plans call for facilities that include a water park, waterfront promenade and aquarium, avian sanctuary, a public green and amphitheater, a rapids water feature which reflects the Roanoke River rapids, a live-feed video sign, at least three hotels, a retail outlet complex, traffic loop with fountain and a service station.

"It's an incredibly exciting time for our company and other area businesses to play an important role in the creation of a landmark tourist destination," said Curtis Wynn, CEO of Roanoke Electric.

It appears that this co-op really is providing the power to help Roanoke Rapids shine. And shine it will. A lot of people are planning for better times in what has been a flagging economy in a waning textile town. More than just palpable, the excitement in the air at the groundbreaking ceremony was positively pulsating. And it ran through a crowd of thousands who were all gathered together in a no-longer-lonely field just to get a glimpse of fame and to celebrate future fortune.

Angela Perez is coordinator for communications and public relations for Roanoke Electric Cooperative, which serves more than 14,000 households and businesses in Hertford, Bertie, Northampton, Halifax, Chowan and Perquimans counties.

## When should you shut your lights off?

Lots of people wonder whether it saves energy to turn their lights off every time they leave a room. According to energy-efficiency expert John Krigger, the answer depends on two things: the type of lamp (the technical term for what most of us call light bulbs) in your fixtures, and how long you'll leave it off.

If you are still using incandescent lamps, then you should shut them off whenever you'll be out of the room for at least 5 minutes. But experts from the U.S. Department of Energy's Lawrence Berkeley National Laboratory advise that fluorescent lamps are different, whether you are using the long tube-type fluorescents or the compact fluorescent lamps that screw into standard light fixtures. They suggest turning fluorescent lamps off only when you won't need them for 15 to 20 minutes. The recommendations for these two types of lamps are different because the lifespan of incandescent lamps isn't affected by the number of times they are switched on and off, while the lifespan of fluorescent lamps is slightly shortened every time they start up.

Krigger points out that these recommendations are based on an average electricity cost of 5 cents per kilowatt-hour (kwh). If you pay considerably more than that, then it may be economical to shut off your incandescent lamps if you'll be gone for 3 or 4 minutes, and to shut off fluorescent lamps if you'll be gone for 10 to 15 minutes.

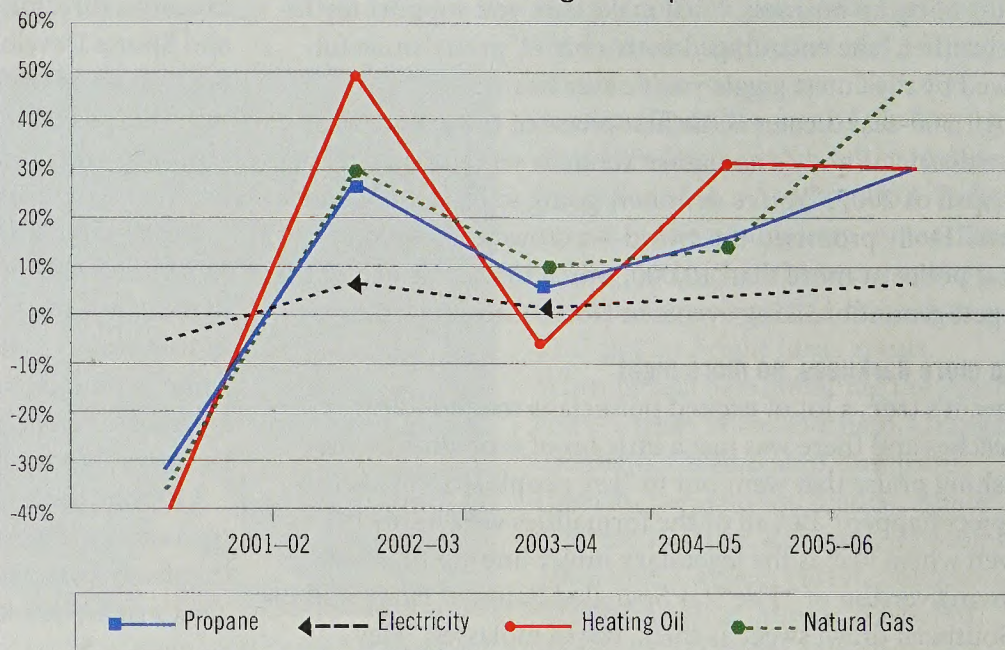
These recommendations also account for the varying life span of fluorescent lamps, depending upon the number of hours they are used per start. For example, if you use a fluorescent lamp for 3 hours per start, it will last for about 20,000 hours; if you use it for 6 hours per start, you'll get an increased lamp life of about 24,000 hours.

You also may have heard that switching off a fluorescent lamp doesn't save much energy because the savings are erased by a surge in current when it is first switched on. This isn't really true; there is indeed a startup surge, but it lasts only a fraction of a second and the energy consumption during this small time interval is negligible.

John Krigger is an author of energy efficiency books, including "Surviving the Seasons" and "Residential Energy: Cost Savings and Comfort for Existing Buildings." For more information, visit his Web site [www.srmi.biz](http://www.srmi.biz)

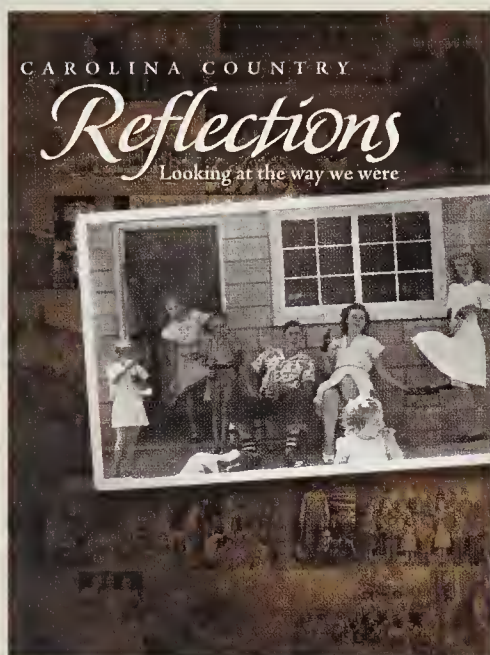
## Household Expenditures for Winter Home Heating

Annual Percent Change in Expenditures



source: eia short-term energy outlook, oct 2005.





Please send \_\_\_\_\_ copy (or copies)  
\$52 per book.

Total Enclosed \$ \_\_\_\_\_

Send a check or money order with your mailing  
address. Makes checks payable to Carolina Country.

Return to a simpler time. When folks cherished family, home cookin' and a long sip of sweet tea on mama's front porch. Enjoy "Carolina Country Reflections," a book of nearly 200 photographs showing life in rural North Carolina before 1970. Treasured photos and memories reveal scenes of families, farms, working, gatherings, fun times and everyday life.

This is a limited edition printing of a high-quality, hardcover "coffee table book," measuring 8½ x 11 inches with 160 pages. The price is \$52 (\$42.95 plus \$6.05 shipping and \$3.00 sales tax).

*After opening the package and seeing the  
marvelous cover, I could not put it down until  
I read about and looked at every picture.*

—George Glover, Lenoir

*All of the pictures are absolutely  
fabulous. Thank you for making a  
tribute to all of North Carolina.*

—Candy Slate, Kernersville

NAME _____	
MAILING ADDRESS _____	PHONE _____
CITY _____	STATE ZIP _____
COUNTY _____	
CARD TYPE (PLEASE CIRCLE) <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> American Express <input type="checkbox"/> Discover	CARD NO. _____
SIGNATURE _____	EXP. DATE _____

Order online at [www.CarolinaCountry.com](http://www.CarolinaCountry.com)

## Do You Have Diabetes? Are You on Medicare?

**If you answered "yes" to both questions,  
the cost of your diabetes testing supplies may be covered!\***

**Know the Facts About Medicare Coverage for Individuals with Diabetes.** Liberty Medical Supply is the nation's leader in home delivery of diabetes testing supplies. We are a Medicare participating provider. You could be eligible for our complete home delivery program of diabetes testing supplies, and the cost may be covered by Medicare.

\*Co-payments and deductibles apply.

The Liberty Family of Companies is in compliance  
with Titles VI and VII of the Civil Rights Act of 1964.

**No Up-front Costs.\*** You pay no money up front when you order diabetes testing supplies from Liberty. With qualified supplemental insurance, you may owe nothing at all.

**No Claim Forms to Fill Out.** We will bill Medicare and your supplemental insurance company for you.

**No Charge for Shipping.** Your order will be delivered to your home with no charge for shipping. You won't have to stand in pharmacy lines or go out in bad weather.

**To Learn if You are Eligible, Call Us Toll-Free:**

**1-877-495-2552**

**Diabetes Testing Supplies • Prescription Medications • A1c Testing • Ostomy Supplies**

**Find Out How Liberty Can Help You Live a Healthier Life.**

**Yes,** I would like to know more about home delivery of diabetes testing supplies from Liberty.

First Name _____	MI _____	Last Name _____
Address _____	Apt. # _____	Telephone _____
City _____	State _____	Zip Code _____
Email _____		

Signature (By signing this reply form, you are authorizing the Liberty Family of Companies to contact you by telephone.)

Mail this Reply Form to: Liberty Medical Supply  
PO Box 20005, Fort Pierce, FL 34979-0005

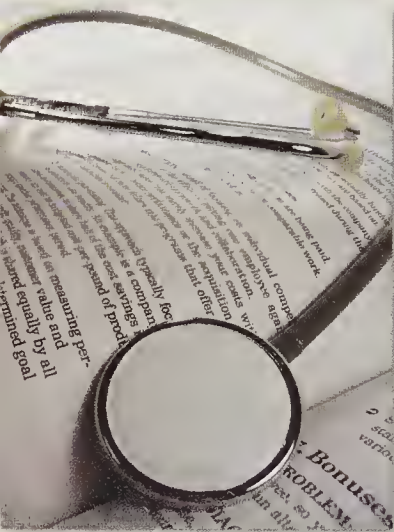
**Or, Call Liberty Toll-Free at 1-877-495-2552.**

**Liberty**  
We Deliver Better Health

**Call Liberty or  
mail this form  
today for more  
information!**



# DEGREE & LICENSURE PROGRAMS



## Attention Nurses!

**The School of Nursing in the College of Health and Human Services offers the following fully accredited online programs:**

### Graduate Certificate in Nursing Education

NURS 6301, Curriculum and Instruction in Nursing Education  
NURS 6302, Trends and Issues in Nursing Education  
NURS 6303, Instructional Technology in Nursing Education  
NURS 6304, Teaching Practicum in Nursing Education

These courses may all be transferred into the new *Master of Science in Nursing-Nurse Educator* degree

Contact Dr. Ann Newman, Program Coordinator. 704-687-4677 or [amnewman@email.uncc.edu](mailto:amnewman@email.uncc.edu)

### Master of Science in Nursing-Community/Public Health Nursing with School Nurse Option

40 credit hours of coursework beyond the baccalaureate degree (46 for School Nurse option)

Contact Dr. Gwendolyn Foss, Program Coordinator. 704-687-4401 or [gffoss@email.uncc.edu](mailto:gffoss@email.uncc.edu)

### RN/BSN

30 credit hours (plus a statistics course and foreign language proficiency prior to graduation). This is a one year program.

Contact Peggy Patton, Program Coordinator. 704-687-4665 or [mmpatton@email.uncc.edu](mailto:mmpatton@email.uncc.edu)

### Distance Education Nursing Students receive:

- Asynchronous, web-based courses taught by award-winning faculty who are experienced in online education.
- Orientations that familiarize them with the course delivery system and the program of study.
- Outstanding student support services such as; the Technical Help Desk, the Distance Education Reference Librarian, and the Senior Program Manager in the Distance Education office who takes care of the administrative tasks for you.

**Information and applications for all the UNC Charlotte Distance Education programs may be found at:**

**[www.DistanceEd.uncc.edu/packets](http://www.DistanceEd.uncc.edu/packets)**

**When you're ready to begin, call toll free 1-877-583-2966** (to request an Information Packet) or **Email us: [DistanceEd@email.uncc.edu](mailto:DistanceEd@email.uncc.edu)** (please put program interest in subject field)



Now! Join The National Arbor Day Foundation and Get

# FREE TREES



## 10 Flowering Trees



2 White Flowering  
Dogwoods



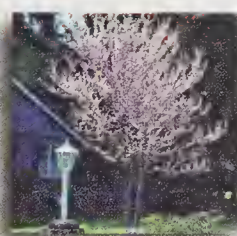
2 Flowering Crabapples



2 Goldenrain trees



2 Washington  
Hawthorns



2 American Redbuds

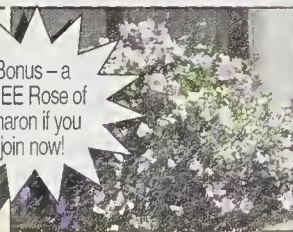
**J**oin The National Arbor Day Foundation, a nonprofit organization, and you'll receive ten free flowering trees — 2 White Flowering Dogwoods, 2 Flowering Crabapples, 2 Goldenrain trees, 2 Washington Hawthorns, and 2 American Redbuds, or other trees selected for your area.

You will also receive the Foundation's colorful bimonthly, *Arbor Day*, a membership card, and *The Tree Book* with tree planting and care information with your six month membership. Your six to twelve inch trees are guaranteed to grow and come postpaid with easy planting instructions. Trees are shipped at the right time for planting in your area, Feb. through May in the spring or Oct. through mid Dec. in the fall. **Join today, and plant your Trees for America!**



☒ **YES! Please send my 10 free flowering trees, and free Rose of Sharon. My \$10 membership contribution is enclosed.**

Bonus — a  
**FREE Rose of  
Sharon** if you  
join now!



Name

Address

City

State

ZIP

National Arbor Day Foundation  
211 N. 12th Street • Lincoln, NE 68508

5376  
90037801





Angela Hayes and Matthew Hayes organize items in the country store.

# Fulfilling hopes and dreams at Aunt Marilyn's Farm

*HarvestWorks offers job training, fun and a sense of belonging to the developmentally disabled*

By Renee Gannon

As I watch my 3-year-old daughter Megan happily go about her busy life, I often wonder what her future holds. Will she continue to enjoy the world and all it brings? Graduate from high school? Find a job? These are questions I do not heavily ponder with Megan's two sisters Erin and Rachel. Megan has Down syndrome.

Like every parent of a special needs child, I believe that Megan will find a place in this world as she grows older. A group of parents in Shelby, had the same belief for their special kids, and they created that place: HarvestWorks.

## *Somewhere to belong*

A paycheck. That's what makes bright, blue-eyed Tamara smile. Before HarvestWorks, Tamara, who is developmentally disabled, worked as a cook at the North Shelby School for special needs students. After the school's kitchen suffered fire damage, she came to HarvestWorks. "I work for HarvestWorks!" she enthusiastically exclaims. "I help out. If something needs to be done, we do it ahead of time!"

In addition to volunteering in the

North Shelby School younger grades, Tamara also helps with the summer programs at HarvestWorks, as well as with the daily activities the center provides its clientele. She also knits and sells her crafts in the retail store.

Tamara earns her paycheck by working on the HarvestWorks mobile cleaning crew and at the retail store—two spokes in the HarvestWorks wheel developed by the center's board of directors and Travis Mangum, board chairman and the driving force behind this place.

Mangum himself has two children with developmental disabilities. His children, Grayson and Whitley, are in motorized wheelchairs and need continual support. Many of the HarvestWorks board members also have children with special needs. Other board members provide services to the special needs population or serve as community leaders in Cleveland County. All agreed that the region needed a place for people with developmental disabilities to work, play and feel part of the community, especially the young adults leaving school.

By law in North Carolina, students with disabilities must leave high school by age 21, with or without a diploma. Neither Mangum nor other parents of children with special needs saw the area's sheltered workshop and adult day care facilities as the answer to their children's needs.

Once they are out of school, special needs students often see vocational services, support and therapies dry up along with their school classes. Mangum and other parents called community leaders, school leaders, vocational rehabilitation personnel and others to a roundtable discussion about meeting the needs of the developmentally disabled. In the end, the group decided to create a provider agency for direct care services. The center concept, the hub of the wheel, explains Mangum, would simply "provide job opportunities for those who want a job, and for those not able to hold a job, to start a day support program so they would have somewhere to go for activities and services. We wanted a happy place for people."



## Aunt Marilyn's Farm begins

Inspired by Mangum's late sister, Marilyn, the group went to work building a place for their kids and others. "Marilyn was the first person to convince my wife and me that having a child with a disability is not the end of the world," says Mangum.

When your child is diagnosed with a developmental disability, you feel as if all your hopes and dreams for you and your family have been trashed. But we all have someone in our lives who puts things in perspective and reminds us that we must be the strongest advocate for our kids because no one else will. Marilyn was that person for Travis Mangum.

Mangum has a theory: "I think there are four stages to a tragedy. When you first hear something is wrong, you feel pity for yourself, it's the end of the world, life is over as we know it. Step two is the search for a second opinion, not quite accepting what's been handed to you. Step three is acceptance and knowing you can deal with it. Step four is making something positive out of the negative. That's where HarvestWorks comes from."

A \$50,000 Dover Foundation grant helped the wheel start turning. In May 2003, HarvestWorks purchased 18 acres off Highway 180 in Shelby that also included an old farmhouse. The Mangum family purchased and donated an adjacent two-acre lot that fronts the highway. And with the help of Marvin Hutchison, the area's USDA Rural Development Center representative, the center earned a \$700,000 long-term, low-interest USDA loan. Other grants helped add to what HarvestWorks could offer the community.

The center became licensed to provide community-based services (CBS) and community alternative programs (CAP) through Pathways, the local mental health agency that also assists HarvestWorks with Medicaid billing. It serves five counties: Cleveland, Lincoln, Gaston, Rutherford and Polk.

## 6 spokes of the HarvestWorks wheel

In July 2003, HarvestWorks officially opened with two clients. The center has 100 now. Clients' ages range from 3 to 43 years old, serving the alphabet soup of developmental disabilities, from mild to profound. HarvestWorks has something to offer a client, no matter the age or ability.

Mangum refers to the six main HarvestWorks components as spokes of a wheel. All spokes offer employment and activities to the developmentally disabled, while also providing for the community's needs:

- Naturally-grown field crops and organic vegetables in the greenhouse, with produce marketed and sold.
- Mobile lawn crews, mobile landscaping crews, mobile catering crews and mobile home and business cleaning crews.
- Day Activity Services where clients who do not work participate in activities, therapies and one-on-one time with CAP and CBS providers.
- Retail Store, which provides an outlet for local artists and the center's participants to sell crafts; and the Coffee Shop, "Hopes, Dreams and Coffee Beans."
- Supportive Employment Training that offers vocational services to clients with the hope that one day some may find employment outside of HarvestWorks.
- Other endeavors, including nature trails around the farm's property, school and farm tours, and microenterprises such as the petting zoo.

Shannon operates the petting zoo and pony rides at the barn on weekends. HarvestWorks helps Shannon promote his business, but he does all the work, including caring for the barn animals, and pockets the money earned. He has a stake in the business, so it is important to Shannon to make it work.

"I try my best to make all the kids happy when they visit," says Shannon. "I don't like to see them sad. I love animals and love to take care of them."

Microenterprises have been successful across the state for people with severe disabilities. Explains Mangum: "It gives our clients one more option, one more spoke in our wheel. If a client has a passion for something, like Shannon does for animals, HarvestWorks wants to help set them up."

HarvestWorks ideally would like to train its clients to work outside of its walls. The center wants to be a bridge to the community, to show the community what its clients can do.

Before coming to HarvestWorks, Matthew, who has cerebral palsy, volunteered at the local hospital's registration department. He greeted patients, showed the way to the different departments, offered water and comfort. He per-

formed a great service to patients, but he reached the age where he needed to be independent and have his own money. That's when he came to HarvestWorks.


As the center's jack-of-all-trades and the resident "dynamo in a wheelchair," Matthew works in the retail store where he runs the register and helps visitors, serves as an office assistant and relieves the telephone operator for breaks.

"I meet people, earn a paycheck and have fun," says Matthew. "That's what HarvestWorks means to me."

## Both smiles and opportunities

HarvestWorks offers its clients many different opportunities to find their niche. "We never look at a person's disability," says Mangum. "We look at their abilities."

Matthew, Shannon and Tamara are just a few examples of why clients and employees love working for HarvestWorks. "We see the day-to-day impact HarvestWorks has on our clients," says Shanna Capps, community outreach coordinator for the center. "We see the smiles on their faces as they walk through the door and the changes made in their lives. When you see that, you know what life is all about."

Travis Mangum hopes to see at least five more HarvestWorks open across North Carolina, and as many as 200 across the nation. So many people need the opportunity this type of business offers. Visit [www.harvestworksinc.org](http://www.harvestworksinc.org) or call (704) 487-7777 to learn more. 



Shannon, pictured with Bandit, runs a petting zoo microenterprise at HarvestWorks. The business grew from his love and care of the animals at the center's barn.

Renee Gannon





## Smart Owners Have Healthy Birds

For a free calendar and information on preventing poultry and bird diseases e-mail [birdbiosecurity@aphis.usda.gov](mailto:birdbiosecurity@aphis.usda.gov)



Find out more.  
[www.aphis.usda.gov/vs](http://www.aphis.usda.gov/vs)



United States Department of Agriculture  
Animal and Plant Health Inspection Service  
USDA is an equal opportunity provider and employer.



### PROTECT YOUR BIRDS

Take a few simple steps: Disinfect shoes, clothes, and equipment. Wash your hands carefully. Keep other birds and people away from your birds.

### LOOK FOR SIGNS OF ILLNESS

Watch for signs of disease or unexpected deaths among your birds.



### REPORT SICK BIRDS

Call your local cooperative extension office, veterinarian, State Veterinarian or USDA Veterinary Services toll free at 1-866-536-7593.

USDA is working to keep **exotic Newcastle disease (END)** & **"bird flu" (avian influenza - AI)** out of the country. They are contagious viral diseases that can infect many types of birds.



## Got Land?

- WE build on YOUR lot, or on property you'd like to purchase.
- WE pay construction loan interest!
- WE pay points & closing cost!
- NO DOWN PAYMENT!
- Land & Home financing available.
- 2 Locations:  
Charlotte & Columbia

**FREE BROCHURE**  
Just mail this coupon or call today

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Where do you intend to build: \_\_\_\_\_  
Mail to: **Madison Homebuilders**  
1721 East Blvd.  
Charlotte, NC 28203



FOR A FREE BROCHURE WITH FLOOR PLANS  
CALL TOLL FREE:

**1-800-957-9304**



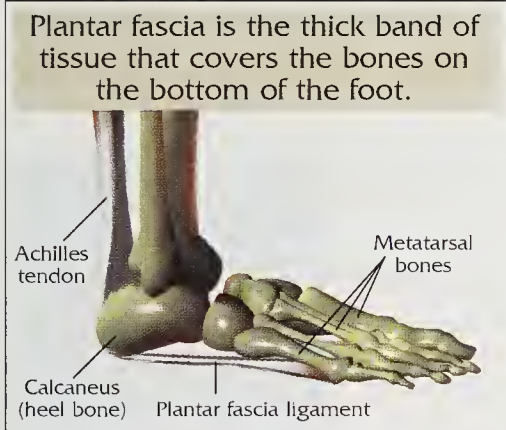
**Madison Homebuilders**  
[www.madisonhomebuilders.net](http://www.madisonhomebuilders.net)



# We Have Found The “Heeling” Power

*New therapy for the leading cause  
of heel pain—plantar fasciitis.*

**P**lantar Fasciitis (pronounced PLAN-tar fashee-EYE-tiss). I didn't even know how to pronounce that term but according to *Orthopedics Today*, plantar fasciitis is the most common adult foot problem! What I did know is that when I would get up in the morning and put my foot to the floor, it would take me a few seconds to be able to walk because of the severe pain I was experiencing. I had a sharp pain in the inside part of the bottom of my heel when I put my weight on it. The pain made even a short walk so difficult. Over time I had to sacrifice doing everyday activities I used to enjoy.



Plantar Fasciitis is an inflammation caused by excessive stretching of the fibrous tissue along the bottom of your foot that connects your heel bone to your toes. As I started to understand my foot pain I realized I'm not alone. Did you know that the *American Podiatric Medical Association* estimates that millions of people receive treatment for plantar fasciitis in the United States each year? In fact, the problem is so common there are numerous causes such as:

- Wearing improper shoes with poor support
- Arthritis

- Having diabetes
- Being flat footed
- Having a high arch
- An increase in physical activity

The good news is that plantar fasciitis can get better with the help of this simple new treatment. I've tried many of the products on the market—including rest, stretching, change of shoes, arch supports, anti-inflammatory agents and even night splints. But night splints were just too big and bulky and uncomfortable to sleep in. I recently found this great new product—Thermoskin Plantar FXT™.

The FXT is a low profile, thermal-lined comfortable bootie. The FXT allows me to sleep while gently stretching out the plantar fascia, the band of connective tissue that runs from the heel to the toe. Plus, there is the added benefit of heat therapy. The patented Trioxon® lining warms the surface and subcutaneous skin temperature 2-3°F while still allowing my skin to ventilate for long-term comfort. It lifts moisture away from my skin and traps air within the lining to help prevent perspiration. I just simply slip on the bootie and adjust the amount of tension to pull back my toes towards my ankle. It also features a slip-resistant sole—great for when I have to get up during the night.

After a few weeks, I started playing tennis without excruciating pain. And my husband and I are going dancing again. It's so easy to use and to adjust.

The FXT is beneficial for those who suffer from the pain and irritations of plantar fasciitis. Try this revolutionary therapy and you'll agree. If you are not fully satisfied and feeling relief with the FXT, please return it within 30 days for a full refund of the purchase price.

#### Plantar FXT™ Bootie size chart

	XS	S	M	L	XL	XXL
men's shoe	3-5	6-7	8-10	11-12	13-14	15+
women's shoe	4-6	7-9	10-11	12-13	14-15	16+

#### Not Available in Stores

*Call now to take  
advantage of this offer:*

Plantar FXT™ Bootie  
only \$49.<sup>95</sup> + S&H



#### Order Today!

Call 24 hours, 7 days a week

**1-800-859-1643**

Promotional Code FXT122-01

*Please mention this code when you call  
To order by mail, please call for details.*

**NEXTTEN** 14101 Southcross Drive W.,  
Dept. FXT122-01  
Burnsville, Minnesota 55337

*For information on all our products:  
[www.NextTen.com](http://www.NextTen.com)*

*Caution: Do not use on feet with open sores or ulcerations. Should an irritation or rash develop, discontinue use immediately and seek medical advice.*



# How I Improved My



Inspiring stories of  
how you took control  
of your health

## I walked with Goliath

The absolute best thing I ever did for my health was to keep one of the four puppies from a beagle dog that just showed up and then got pregnant.

Goliath's daddy was half chow, half St. Bernard, and this dog would change my life.



He was a teenager when I hurt my back at work and lost my job. I have never been the same since. Dr. Bennett told me I had to try to walk every day, but I couldn't walk down the driveway. One day my daughter said, "Why don't you take Goliath and he can pull you?" I did, and he pulled me when I couldn't go.

He healed my body and my soul, and soon we were walking at Kerr Scott Dam. We then walked many of the trails up on the Blue Ridge Parkway and even the hardest trails at Stone Mountain State Park. He quit pulling years ago, but by then I could pull myself.

Dr. Jackson at the Animal Hospital of Wilkes hated to tell me back in May that Goliath had cancer and wouldn't last the summer. We took a few special walks after that, but he limped and panted so bad that we quit going. I haven't walked since, and I'm having back trouble again.

He passed away this past week, taking a nap in the backyard. I realize that when spring touches the trees here in the foothills, those walking trails will call to me. Thanks to Goliath it's in my blood now. And I think, maybe, by then it might be time to find another puppy. If it doesn't come find me first.

*Gwen Owens, Moravian Falls / EnergyUnited*

## I warm up

As a diabetic, I run and lift weights every morning to keep my weight down and control my blood sugar. But I've found a collateral benefit: I rarely get sick. I think my daily workout raises the body temperature enough to kill germs before they can get a good start. My wife's mother, a Prussian, used to wrap the children in blankets so they would sweat out their colds. I think my workout accomplishes the same thing. It mimics a mild fever.

*Frank Laffitte, Fayetteville / South River EMC*

## I met my wife

I happily admit that my health has improved because I took my wife's advice. Before I met this wonderful woman, I suffered constantly with respiratory problems because I had whooping cough when I was a kid. Shortly after our engagement she remarked that I needed to take vitamins. When I asked her why, she said, "Because you catch colds too often, and they linger for months." Honestly, I was so head over heels for her that I might have taken anything she told me to take. Lo and behold, I found out she was right! I don't catch colds so easily anymore. After 17 years of marriage, my wife still reads about herbal teas, vitamins and other health products. Then she adds them to our diet when she thinks we need them. I thank God for my wife. Because of her I enjoy very good health.

*Brian Barrett, Rocky Point / Four County EMC*

## We go outdoors

The Blue Ridge Mountains have provided my friends and me with the inspiration to improve our health. With all of the grandeur and beauty surrounding us, it hardly feels like a workout to take our dogs for a hike. However, we know that these weekly strolls are keeping us fit and healthy.

This photograph was taken on a nice summer day on a trail off of the Blue Ridge Parkway. The peacefulness sensed in this photo reminds one of days past. No horns honking, no phones ringing—only the beautiful sounds of nature. So these trips to the forest have become our way of staying healthy—both physically and mentally. The power of nature never ceases to amaze me.



*Jessica Waggoner, Boone / Blue Ridge Electric*

*Thanks to everyone who sent us stories and pictures. You can see more at our Web site. Next month we'll publish stories of people in your family who made history of one kind or another. (Deadline was Dec. 15). See more themes and the rules of our "Nothing Could Be Finer" series on page 20.*



## I disciplined myself

When I moved to Hayesville from my mountaintop in Glenville, I was using a cane and could hardly walk from room to room. I decided to do something about it, despite the fact that I am 82-years-old!



Now, daily I walk with my dog to the mailbox. I do more and more chores around the house. I started to eat properly, lost 10 pounds and I ride a stationary bike each day.

I moved here July 13. Now in November I feel safe without the cane, though I take it to town! I sleep better, and everyone is amazed how much better I walk. It takes daily discipline to “just do it,” but it works.

*Rosena M. Snyder, Hayesville / Blue Ridge Mountain EMC*

## I quit smoking

I was a cigarette smoker for 24 years, but thank God I found the courage to quit now for the last five. At the time I was smoking, I would get up in the morning coughing, and I always kept a cold.

One time I had to have some tests done at our local hospital for some minor surgery I was having. The anesthetist showed me a picture of my lungs, which were nothing but pitch-blackness. He told me if I quit smoking it would take three years for my lungs to clear up. It got to a point that smoking was dominating my body. So I decided to quit smoking COLD TURKEY! That is the only way to do it. If you cut back it won't work. I started noticing that not only was my taste better, but I actually could smell things. I hadn't even realized that I had lost my sense of smell. My skin complexion even looked better.

This is how I improved my health, and I feel great.

*Nancy Marlette, Newport / Carteret-Craven EC*

## I laugh with friends

Friends. Plain and simple!

As a group of 13 college sorority friends, we gather twice a year for fun and oh-so-much laughter. A week at the beach and a long weekend in the mountains each year remind us that our hearts are forever bonded to each other. What makes it all so amazing is that this has been going on for 31 years!

We all recognize the importance of laughter and love to one's health—not to mention the emotional support we offer each other throughout our days. We have encountered cancer, divorce, births, deaths, miscarriages, heart surgery and the list goes on; but we never fail to support each other.

After each gathering we all feel refreshed and renewed knowing we are supported and cared for. We realize that emotional health is truly a tangent of one's physical well being.

I love my girlfriends, and I will forever cherish the spirit of friendship.

*Jean Forrest Brooks, Hillsborough / Piedmont EMC*

## I followed the doctor's orders

Problems with my heart were diagnosed when I was 48 years old. My doctor prescribed medicine and told me to walk a mile every day. I walked a mile every day for many years except when it was pouring rain, snowing or below freezing. I took the prescribed medicine.

A few years later my total cholesterol was 315. My doctor told me to go on a low-fat diet. I did, and still follow it. At 62 I applied for Social Security, thinking I wouldn't live to be 65.

At 70 I had radio frequency catheter ablation to “fix” my heart rhythm.

At 76 I am still on the low-fat diet, still taking prescribed medicine, and my cholesterol is normal. I can no longer walk a mile a day, but I get plenty of exercise taking care of my husband, myself and our house.

I believe following doctor's orders greatly improved my health. If I had not, I probably wouldn't be here today.

*Virginia Kinley, Woodleaf / EnergyUnited*

## I took control

I have been overweight all my life. I have always been picked on, teased and made to feel that I would always be overweight. As I grew up, I was labeled morbidly obese. I was terrified. I knew I always felt tired and had no energy, but I wasn't sure why. It took awhile for it to really sink in that I was killing myself by eating so much. I used to be in denial about what I ate, how much I ate and the effect it was having on my life.

Since then I have come to realize that I have control. I can change things, and there is a way out. I have lost 98 pounds. Looking at your BMI and what that means is a very sobering experience. When I saw what it meant to be morbidly obese and the health risks, it put it all into perspective. I want to see my kids grown. I want to do what I can to see that I have a happy life. I'm worth it. I can be healthier and happier!

*Diane Caudill, Roaring River / Surry-Yadkin EMC*



## I do the small things

I started drinking water with my lunch and dinner instead of sweet tea or sodas. Also, I got a German shepherd dog that I must walk every morning and evening (or he will look at me with those sad eyes and whimper—it makes my heart melt). I also get up 20 minutes earlier each workday so I can use my “Ab Lounge” and “Total Gym” for 10 to 15 minutes before work. All these small things add up to keep my weight down and my health good.

Oh, and one last thing. Throughout the day I say silent prayers of thanks for all the blessings and good things in my life. I must name at least five things for which I'm thankful. Positive thinking makes every day better.

*Sherry McQuage, Laurinburg / Lumbee River EMC*



## I had children



I improved my health by having children. I have two boys, and they are 11 months apart. They were both born in 2003—one in January and the other in December. I get in my exercise each day by running, jumping, dancing, playing at the park, etc. I laugh a lot. I never used to watch what I ate before I had kids, but now I look at all the nutritional facts before buying something. I buy and consume more fresh fruit than I ever did before my boys were born. I am also careful to see that we all get (or come close to) the recommended amounts from the food groups.

My boys have made me healthier as a result of all the changes that came with them. I am so grateful for them in every way.

*Robin Barnes, West End / Randolph EMC*

## I teach aerobics

Several years ago I moved from central Florida to the very small town of Hertford in Perquimans County. I am health conscious and I have always enjoyed the motivation of group fitness classes and the friends I have made while attending aerobics classes. So I sought out an exercise class to try to maintain the fairly active lifestyle that I was accustomed to in Florida. To my disbelief there were no group fitness classes in Hertford.

One day I was thumbing through the newspaper and noticed an ad that read “aerobics instructor wanted, no experience necessary.” I contacted the number in the ad (which ended up being the local recreation department) and was advised that if I obtained my certification to teach aerobics I could begin teaching classes for the recreation department. I was delighted!

Eight years later I am still teaching fitness classes twice a week in Hertford and once a week at a recreation department in the neighboring county. I am the most fit I have ever been, able to run 5K and 8K races which were always beyond my limits. Best of all I get the opportunity to encourage others to stay active.

*LeAnne Hamilton, Hertford / Albemarle EMC*

## Have a good attitude

I am submitting this picture of our 2-year-old grandson, Nathan Wayne Johnson of Greensboro. He is enjoying a doughnut at the neighborhood Fourth of July flag raising event. Might not have improved his health, but boy, his attitude was good.

*Anita Adcock, Fayetteville / South River EMC*



## I reduced my cholesterol

“Young man, your cholesterol is too high, especially considering your age and heredity. I’ll see you again in three months.” I had heard such warnings from other doctors, but this doctor required accountability: “See you in three months.”

Age 39 is young by coronary standards, and my cholesterol level of 245 certainly exceeded the threshold of 200. What about heredity? Not good. Both sets of grandparents had heart attacks. Dad had heart surgery in his early 60s. Mom died of heart failure at age 74.

So where do I begin? It started with the book “Eater’s Choice” by Dr. Ron Goor. The book’s premise was simple: You lower cholesterol by lowering your intake of saturated fats. That book became my “bible” for the next 90 days.

- No beef or pork. Only chicken, turkey, seafood.
- Nothing deep-fried (sauté in olive oil).
- Use fat-free dairy (milk, yogurt, cheese, etc.).
- Exercise aerobically three times a week.

The results? Three months later my cholesterol was 187. One year later it was 186. Another year later it was 166. And after three years I’m also 25 pounds lighter! People constantly ask, “Are you still dieting?” It’s not a diet. It’s a way of life.

Thank you, Dr. Craig Hoffmeier, for holding me accountable. ☺

*Loren Kurtz, Franklinton / Wake EMC*

## Send us your best Earn \$50

Here are the themes in our “**Nothing Could Be Finer**” series. Send us your stories and pictures about these themes. If yours is chosen for publication, we’ll send you \$50. You don’t have to be the best writer. Just tell it from your heart.

### March 2006

#### Why I’m a Gardener

The real reason you tend a garden.

*Deadline: Jan. 15*

### April 2006

#### A Perfect Site for a Picnic

Send us your pictures and stories about the best picnic place in North Carolina.

*Deadline: Feb. 15*

### May 2006

#### The Ugliest Lamp I Ever Saw

Send us the pictures.

*Deadline: March 15*

### June 2006

#### The Best Summer I Ever Had

By kids age 16 and younger.

*Deadline: April 15*

### The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can’t pay for those submissions. (Let us know if you don’t agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616  
Or by e-mail: [finer@carolinacountry.com](mailto:finer@carolinacountry.com)  
Or through the Web: [www.carolinacountry.com](http://www.carolinacountry.com)



# The power of writing can help you heal

## HUNTER DARDEN'S INSPIRATIONAL RIDE

Most people have heard that keeping a journal can be beneficial for your mind and soul. Therapists, talk show hosts and even celebrities have admitted the positive effects writing has had on their own lives. Author Hunter Darden affirms, "Forget a prescription for pain killers—all you need is a pen and piece of paper." In her most recent book,

"Tapestry—A Story of the Healing Soul," she explains how keeping a journal can help people heal themselves on a journey of self-discovery.

"I love the power of beautiful words,"

Hunter Darden says, "especially if they are words that can heal a hurting heart." Growing up in Surry County, Hunter began writing when she was in the fourth grade. She blames it all on Nancy Drew. She wanted to be a mystery writer but life played out a bit differently than Hunter expected. She attended Meredith College in Raleigh and earned a B.A. in psychology, then started a family and had two boys who became the heart of her world. She placed writing aside as her family and their commitments were her priority. She was encouraged by her loved ones to continue writing, Hunter says, "But I need to be completely inspired!" As she reflects on it now, she realizes just how close at hand her inspiration really was.

Early into her children's lives, Hunter's father was diagnosed with Alzheimer's disease. After a nine-year battle with the illness, her father passed away and Hunter was faced with the common challenge of having to explain the cycle of life and death to her children. Facing these and other personal struggles, Hunter needed a place to focus her energy. Her inspiration resurfaced, and she decided to begin her own publishing company. Hunter's first book, "The Everlasting Snowman," was a children's book written to help young people understand and deal with grief and learn to accept it as a part of their own lives.

With her writing career back on track, Hunter turned to her training in psychology and published a book titled


---

*"Forget a prescription for pain killers—all you need is a pen and piece of paper."*

---

"Pete's Angel," that emphasized the importance of children's self-esteem. Hunter Darden says that she writes both for children and those holding them by the hand.

Soon, her steady ride came to a sudden halt. Four years ago, Hunter's sister died unexpectedly from toxic shock syndrome. Her sister left three small children. Hunter said her heart was broken but that it was even harder to watch the hearts of her other family members break. She began writing "Tapestry" and it became her catharsis. She was dealing with such questions as Why did this happen? What am I going to do? How did I get to this point? Does anyone understand what I am dealing with now?

Hunter says the message in "Tapestry" is that, "From the outside your life looks normal, but inside your heart aches from the loss of someone you love or a spouse who filed for a divorce. We must have the knots and the double knots along the way mixed in with the silver and the gold threads in order to have the complete and beautiful tapestry." The book helps soul searchers discover how writing a journal can help heal wounds, help a struggling friend, examine your own faith, and get back on your feet when something has knocked you down. 

Hunter Darden received the 2005 Meredith College Career Achievement Award this past spring. She is a former columnist for The Charlotte Observer and currently writes columns and human-interest stories for Sanity Central's Web site ([www.sanitycentral.com](http://www.sanitycentral.com)). The columns are a combination of inspiration and humor. Her book, "Tapestry," was scheduled to be featured in this month's Better Homes and Gardens magazine.

—Jennifer Taylor



For more information on Hunter Darden and her books, visit her Web site at [www.booksbyhunter.com](http://www.booksbyhunter.com) or contact her at (704) 873-5516.





## Pint-sized Musicians Learn to Play Well With Others

By Kent Priestley

It's 3:30 p.m. at Central Elementary School in Waynesville. The last bell has rung, the buses outside are silent, the halls are empty. Another school day has ended. But what's this? From one room comes the plunk of a banjo, then a chorus of several more, clucking along in unison. A fiddle sings from another room, brashly and nearly in tune. In a classroom across the way, a cluster of young guitarists strums together as their teacher sings the words to "I'll Fly Away." Little fingers press the strings on instruments nearly as big as the players themselves.

Although these aren't the sort of images that come to mind when one hears the words "after school program," on Tuesday afternoons in Haywood County, the warm, loping melodies of old-time music mingle companionably with the green mountains that rise not far beyond the Central Elementary schoolyard.

*Above: Students learn to play the guitar.*

### Students JAM to mountain melodies

In the JAM program, which stands for "Junior Appalachian Musicians," students in the third through eighth grades have the opportunity to learn traditional mountain music from musicians familiar with the terrain. Twin brothers Trevor and Travis Stuart, and Caroline Stuart, Trevor's wife, are teachers at the Haywood program, which recently began its fifth year. Between them, the Stuarts bring nearly 50 years of combined musical experience to bear in their weekly lessons, giving students a chance to learn fiddle, banjo and guitar from the "masters." But unlike the stereotypical image of the music teacher—old, wild-haired, and bent on perfection—the Stuarts, for all their virtuosity, are young—in their 30s—and have a warm, patient manner about them.

Their approach fits well with the style of music they teach. This is old-time music, far older than bluegrass but sharing the same lineage, with ties

stretching back to the British Isles. Many of the tunes also bear the bluesy inflection of African-American influences. In earlier times—long before MP3s and plasma TVs—the music was passed informally from generation to generation through fireside and front porch picking, and at community dances. Stories abound of mountain children sneaking off with dad's or mom's fiddle or banjo to try their fingers at a tune they just couldn't get out of their heads. Parents, discovering the "theft," would give a stern reprimand and then, with a playful smile, extend the offer to teach.

Thankfully, there's no need for the nearly 30 students in the Haywood school's JAM program to sneak off with fiddles or banjos. Students pay a modest fee of \$2 for each lesson, and the school lends instruments to those who need them. The Haywood County Arts Council coordinates the program, and partial funding for it comes from the North Carolina Arts Council.



Haywood County Arts Council executive director Kay Waldrop says the Stuarts are “ideal” instructors. “The kids really love being around them. Honestly, I can’t think of a more perfect situation. I would hate like the dickens to lose them.”

The brothers grew up in Haywood County surrounded by both old-time and bluegrass music, but by their teenage years had found themselves under the spell of old-time. As Trevor Stuart explains, while old-time music has a rhythm akin to bluegrass, bluegrass tends to be more showy with musicians taking flashy solos or breaks. Old-time music is usually played ensemble, with each player joining in on the melody. Another difference, Stuart adds with a laugh, is that old-time musicians tend to play “not nearly as fast” as their bluegrass counterparts.

“I like the melodies better, the older sound,” he says. “I like Irish music a lot, and old-time reminds me of that.”

The Stuart brothers studied the techniques and repertoires of old-time musicians from around western North Carolina, including Byard Ray, Tommy Hunter, Gordon Freeman and Arvil Freeman. While Trevor concentrated on fiddle, Travis learned to master the banjo. Both, however, are multi-instrumentalists. Soon, the twins were attending old-time music festivals around the state, and becoming fixtures at the weekly “Shindig on the Green” at nearby Asheville. Their music has since taken them around the United States and to Europe, playing in a variety of band settings and teaching their craft at workshops and festivals.

### JAM program roots grow

The Haywood County JAM program is one of several in the western part of the state. The idea first took root in Alleghany County, where Helen White, a school counselor at Sparta Elementary School, had the inspired notion to bring local musicians together with students after school, to provide positive role models and to pass on a music that had been played around the county for generations. The program worked so well that it has since spread to seven other

mountain counties—Swain, Surry, Ashe, Caldwell, Cherokee, Graham and Haywood.

The JAM program is unusual in the sense that students learn largely by ear: they hear their teacher play a tune and then carefully practice it until they can play it at speed. The results are impressive.

In Trevor Stuart’s fiddle class, students play a tune called “Ride Old Buck to Water,” their faces knit with earnest concentration, and then pause a moment to savor their accomplishment.

“I played for my class today,” says sixth grader Sarah Sisk, cradling her fiddle under her arm like an expert. “I got a lot of requests for ‘Rocky Top.’ I had to shout before I started playing, ‘I don’t know ‘Rocky Top!’”

Sisk and her fellow JAM students may not know “Rocky Top,” a bluegrass tune of surprisingly recent vintage, but they do know a store of old-time standards like “Cripple Creek,” “Cumberland Gap,” “Darling Cora,” “Old Joe Clark,” and “Reuben’s Train.”

Students travel to Central Elementary from eight other schools around Haywood County for the Tuesday afternoon lessons. Interest in the classes has swelled and so has the need for additional teaching help. Retiree Mary Henigbaum volunteers to teach advanced fiddle students. And Jimmy Burnette, a local high school student and JAM program alumnus, helps advanced banjo students learn the elements of that instrument.

“Jimmy’s got music in the family,” says Travis Stuart. “He’s been around it a lot.”

Caroline Stuart, who is in her third year of teaching guitar to students, says that one of the chief joys of the program is watching the students come together and play their instruments of choice in a string band setting.

“You can see the lights go on in their heads,” she says. “The possibility of playing in a band is really exciting for them.”

Watching a roomful of students—fiddlers, banjoists, and guitarists—come together for a spirited rendition of “Little Liza Jane,” heads bobbing and toes tapping in time, it’s easy to believe that the future of old-time music is

in safe hands. It also gives a fresh meaning to that old report card comment, “plays well with others.”

And apparently, the benefits from the weekly music lessons run both ways.

“It’s great to be able to teach these kids and watch their progress,” says Caroline Stuart, holding her guitar, looking at her young students admiringly. “It inspires me.”

*Carolina Country contributing writer Kent Priestly lives in Asheville.*

### Support Junior Appalachian Musicians

In Haywood County, contact the Haywood County Arts Council at (828) 452-0593, or visit the council’s Web site at [www.haywoodarts.org](http://www.haywoodarts.org)

Elsewhere, contact your local arts council, or contact the North Carolina Arts Council at (919) 733-2111. The N.C. Arts Council Web site, [www.ncarts.org](http://www.ncarts.org), has a master list of local arts councils across the state.

### Get into old-time music


Travis and Trevor Stuart have a new recording, “Mountaineer,” released last summer. The CD contains 16 tracks of old-time tunes and songs, both traditional and original, including “Cotton-Eyed Joe,” “Henry King’s Reel,” and “Sally Ann.” The Stuart brothers are joined by old-time and bluegrass legend Alice Gerrard, as well as Carl Jones, Adam Tanner, Jennie Benford, and the Reeltime Travelers’ Martha Scanlon. “Mountaineer” is available for \$15 from Old 97 Wrecords at [www.old97wrecords.com](http://www.old97wrecords.com) or by calling (336) 275-7286.



Jennifer Stuart

*Brothers Trevor (left) and Travis Stuart teach old-time music—including fiddle, banjo and guitar—to young students at Central Elementary School in Waynesville.*





Dim your lights by a quarter, you  
increase your energy savings by  
**20%**; dim them by half, increase  
your savings **40%**.

## Dimmer switches can save energy and extend bulb life

Looking for an easy way to add atmosphere and style to your home and save money at the same time? The Leviton Institute recommends you replace your old light switches with modern dimmer switches. Today's new dimmer switches not only look great on your walls but also offer an array of features. Plus, their energy-saving efficiency will help lower your utility bills, too.

### Picking One That's Right for You

Mention dimmer switches to most people, and chances are they'll think of a rotary-style design. Still popular today, this model offers the basics: on, off, and somewhere-in between.

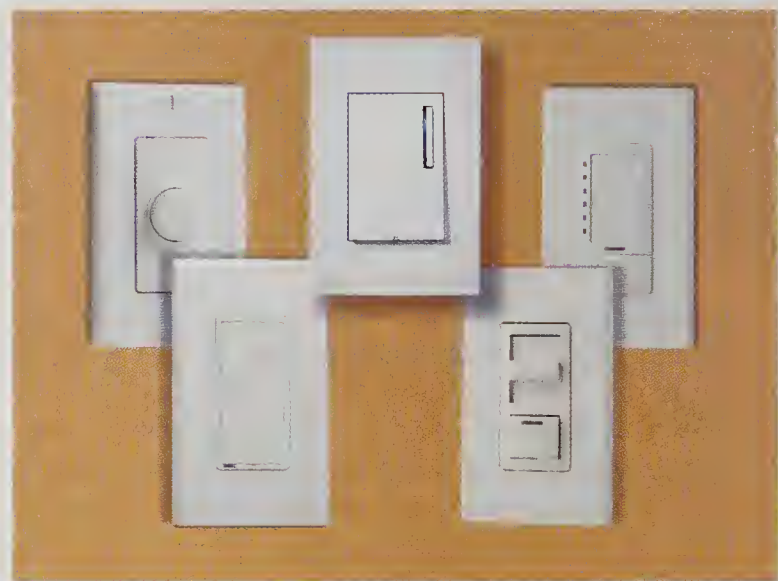
But why stick to the same old thing when there's so much more to choose from? For example, new touch pad models turn on when you place your finger anywhere on their flat touch pad; just slide your finger up or down to adjust the lighting level. Digital circuitry provides a soft, eye-pleasing gradual fade up or down when you turn the light on or off. This type of dimmer is ideal for seniors, who may have trouble gripping or turning switches.

Easy-to-use rocker-action dimmers feature a stylish low-profile rocker switch that responds with one tap by bringing lights up to a preset level; a second tap turns them full on. A double tap to the lower portion turns them back off again.

Fine adjustments are easy with the ultra-smooth slide dimmer. As with touch pad models, some slide dimmers come with a convenient preset switch to recall a previous light level.

There are even dual slide-type (or rotary) faders for those of you with ceiling fan/light combinations. Just think—no more guessing which chain controls which function.

One of the most modern designs is the push pad dimmer. With its return-to-neutral design, the push pad dimmer always remains aligned, whether it's on or off, and there's no dust-collecting webbing between switches. A comfort to touch and an aesthetic treat for the eye, each push pad dimmer features a glowing blue locator LED to help you find it in a dark room.




### In the Mood

Creating mood around the house is easy with dimmer switches. Want some real movie theater atmosphere when you're watching a DVD? Dim the lights to low in your media room. Reading a magazine or playing a game with friends in the living room? Bring the lights up to near full.

For some real lighting magic, try one of the "scene-capable" dimmers. Individual fixtures can be programmed to different light levels in up to seven distinct custom-designed "scenes." As an added convenience, a handy remote is available to help change scenes and moods, from anywhere in the room.

### Energy Savings

With a dimmer switch, less is more—more money, that is. Dim your lights by a quarter, you increase your energy savings by 20 percent; dim them by half, increase your savings 40 percent. You also extend bulb life up to 20 times when you dim a bulb halfway.

Sleek, functional, economical; no matter how you add it up, dimmer switches not only help beautify a home, they also can make life more convenient for homeowners. 



# Homeowner Loans

## Holiday Credit Card Debt? We Can Help!

### 1ST MORTGAGES (Fixed Rates)

	30 yr	15 yr
Amount	*5.625%	*5.25%
\$75,000	\$431.74	\$602.91
\$125,000	\$719.57	\$1,013.08
\$200,000	\$1,151.31	\$1,607.76



*Refinance Now  
Rates Are Low  
Don't Miss Out*

- Lower your monthly payment
- Bill consolidation
- Fast/local closings
- Cash Out for any reason
- Interest Only Loans available

*Servicing North Carolina's Mortgage Needs Since 1991*

## FEDERATED MORTGAGE, INC.

### (800) 466-1635

- \* Restrictions Apply
- \* Rates subject to change and qualification
- \* 30 year APR 5.837%
- \* 15 year APR 5.5%
- \* Credit and collateral subject to qualification

Apply by phone or online  
**www.fedmort.com**

Multi-State Mortgage Licensee

**CALL  
NOW**

## Families Have Saved Up To 50% On Heating Costs

And never have to buy fuel — wood, oil, gas, kerosene — ever again!

Hydro-Sil is a unique room-by-room heating system that can **save you hundreds of dollars** in home heating costs by replacing old and inefficient heating. It can replace or supplement your electric heat, gas or oil furnace and woodstoves.

**Hydro-Sil represents economy in heating:** inside the heater case is a sealed copper tube filled with a harmless silicone fluid. **It's permanent. You'll never run out.** "Hydro-Sil Energy Star" thermostat controls a variable watt hydro element that is only being supplied a proportional amount of power on an as-needed basis. When Hydro-Sil is turned on, the silicone liquid is quickly heated, and with its heat retention qualities, continues to heat after the Hydro element shuts off. Hydro-Sil's room-by-room "Energy Star" digital control technology greatly increases energy savings and comfort.

**Lifetime Warranty**

**Proportional  
"Energy Star"  
thermostat!**

#### YOUR BENEFITS WITH HYDRO-SIL:

- Slash heating cost with Energy Star technology
- Lifetime warranty. No service contracts
- Safe, complete peace of mind
- Clean, no fumes, environmentally safe
- U.L. listed
- Preassembled — ready to use
- No furnaces, ducts, or chimneys
- Portable (110V) or permanent (220V)
- Whole house heating or single room

#### HERE'S WHAT OTHERS ARE SAYING...

- **F. Smalley** - "A company that advertises *the truth* saved me 50% compared to my gas heat. I found it hard to believe until my power bill came. Thanks a million!"
- **R. Hanson** - "I can't begin to tell you how pleased I am with Hydro-Sil... the first time in 25 years our electric bill was reduced... **saved \$635. over 40%!**"
- **A. Gansalves** — "We replaced 20 electric heaters with Hydro-Sil. **Wow — what a difference!** We received a substantial reduction of our electric bill. I have recommended Hydro-Sil to many people!"

### ORDER TODAY!

2 MODELS TO CHOOSE FROM

220 Volt Permanent	Approx. Area to Heat	Discount Price	Quantity
8' 2000 watts	250-300 s.f.	\$289	
6' 1500 watts	180-250 s.f.	\$259	
5' 1250 watts	130-180 s.f.	\$239	
4' 1000 watts	100-130 s.f.	\$219	
3' 750 watts	75-100 s.f.	\$189	
2' 500 watts	50-75 s.f.	\$169	
Thermostats		Call for options & exact heater needed	

110 Volt Portables (Thermostat Included)	Discount Price	Quantity
5' Hydro-Max 750-1500 watts	\$219	
4' Convector — Dual watt	\$179	
3' 750 watts — Silicone	\$179	
\$15.00 shipping per heater		\$
Total Amount		\$

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
MasterCard or Visa Account Information:  
Acct # \_\_\_\_\_  
Expiration Date \_\_\_\_\_

Order today or contact us for more information

PHONE • WEB • MAIL

Check • MasterCard • Visa

**1-800-627-9276**

Visit our secure web site at

**www.hydrosil.com**

Hydro-Sil, P.O. Box, 662,  
Fort Mill, SC 29715

SEASONAL  
DISCOUNTS!





# Smoking out the meth labs

*Law enforcement needs vigilant communities to help rid the North Carolina countryside of illegal drug labs*

*By Michael E.C. Gery*

North Carolina this month joins more than 30 other states that require retailers to keep some common cold medicine tablets, such as Sudafed, behind a counter and to obtain a photo ID and signature from anyone who wants to buy them. The restriction is intended to regulate the supply of ephedrine and pseudoephedrine, a common decongestant in the tablets that also is used to make the illegal, addictive drug methamphetamine.

Methamphetamine—also known as speed, meth, crank, ice and crystal—has been growing in popularity in North Carolina, and the illegal labs where the stuff is prepared pose a major problem for law enforcement and communities. Many of the crude, dangerous meth labs have been found in North Carolina's rural counties, especially in the mountains and foothills. Attorney General Roy Cooper has been vocal about the need to shut them down and to stop the flow of meth itself into the U.S. and the state.

"These secret drug labs that produce methamphetamine can be found anywhere," he said, "in the house next door, in an apartment down the hall or in a hotel where you may be staying. I am committed to fighting this drug and protecting our communities from this danger."

Rural areas are especially attractive to meth lab criminals. As former Georgia state trooper Tre Lundquist says, "People are more likely to commit this crime on a back road. They figure they can get away easier."

A crime prevention expert with the Virginia-based Public Safety Coalition, Lundquist has been teaching outdoor workers, such as utility crew members and meter readers, how to identify meth labs and what to do when they suspect one. North Carolina's Touchstone Energy cooperatives have offered Lundquist's training to their staffs.

## What is meth?

Methamphetamine has been around for nearly 100 years. As a central nervous system stimulant, it has been used in different forms by soldiers, truck drivers, people trying to lose weight and for medical purposes. But it can be highly addictive and has become deadly in its current forms.

Tre Lundquist points out that nearly 25 percent of today's users nationwide are under 18 years old, 35 percent are between 18 and 23, and most of the rest are under age 40. He says, "It used to be bikers, blue-collar and young white males, but now there are just as many young adults using it at clubs and rave parties and young females trying to lose weight." ("Rave" parties attract young adults, typically include loud "techno" music and are held in secret locations.)

Meth is far more addictive than cigarettes, alcohol and cocaine, Lundquist says. It's not uncommon for the high to absorb people so much the first time they use it, they crave more right away.

Signs of methamphetamine abuse among users include an agitated state of alertness, excessive talking, dilated pupils, teeth grinding, no appetite, sleeplessness, poor hygiene, sunken eyes, aggressive and violent tendencies, and compulsive cleaning. After an immediate rush of five to 30 minutes, the high can last a day or more. Tolerance builds quickly and addicts become determined to get more. The health risks include rapid heart rate, high blood pressure, hypothermia, convulsions, paranoia, self-inflicted injury and death.

It is made in different forms. The "yaba" form associated with the youth raves comes as red/orange or green tablets or in capsules, or packed in cigarettes and cigars; it's often cut with caffeine and is ingested, melted and inhaled, or crushed then snorted through the nose. The "ice" or "crystal" form is a



A pound of methamphetamine is equivalent to about six pounds of hazardous waste and requires people in full-body HazMat suits to handle it. Lab equipment includes coffee filters, paper towels, turkey basters, measuring cups, Ball jars, buckets, electric coil cooktops. (N.C. Dept. of Justice photos)

clear crystal that looks like rock candy; it is smoked usually with a pipe, but remains tasteless and odorless. “Crank” is a compressed powder (off-white, tan or red-tinted) that also resembles a rock and is injected or smoked.

You can buy the weakest form of meth for \$1, but prices for the stronger forms such as crank cost more than \$1,000 per ounce.

“It affects all levels of our economy,” Lundquist says. “Poor people and rich people are addicts. They all can get poor spending their money to buy it. And the poor people then steal from rich people to feed their habit.”

Cooking in meth labs

Meth labs are gruesome places. Meth-making criminals work in remote, run-down conditions which might not normally attract notice. They work with filthy, dangerous and flammable materials that occasionally explode and maim or kill people in the immediate area. Thousands of labs have been seized and shut down across the heart-land states of the U.S., and they are popping up now in the South. In 1999, North Carolina’s State Bureau of Investigation uncovered and shut down nine illegal labs, reports Attorney General Cooper. State authorities expected the number would be closer to 400 for 2005 alone (see map).

Lundquist says the labs are set up in abandoned chicken houses and tobacco barns, metal storage sheds, vacant houses and mobile homes. Police also bust “rolling labs” in recreational vehicles, camper trailers, 18-wheelers and even passenger cars.

One reason these labs can be located just about anywhere, Lundquist says, is that “everything that goes into making meth is available at your local store” including pseudoephedrine, acetone, engine starter (ether), battery acid, iodine and drain cleaner.

Meth-makers are continuously on the lookout for anhydrous ammonia that they use to make the drug. It is

available in outdoor tanks as a common farm fertilizer. “If you’re a farmer, don’t keep your fertilizer tank on its wheels,” Lundquist warns. “These people will back right up to your tank, attach it to their vehicle and drive away with it.” Most of them bury the tanks out of sight and attach a small pipeline that’s visible above ground.

They also store chemicals in common propane tanks you’d see near a backyard grill, except the criminal version often is corroded and might have tape around the valves. They might keep the ingredients or product in Mason jars or similar containers and may store them in common coolers and food carriers. They package the meth in such things as BC Powder or

Goody’s Powder paper, or in capsules, toothpicks, tin foil, plastic baggies and even packets that contained something like Sweet ‘n’ Low (an amount worth about \$100).

Meth manufacturers typically go to extreme measures either to protect their labs or flee them, including sending out attack dogs, using firearms and burning down the facilities. Labs that burn, either by sloppy manufacturing methods or deliberate arson, are a menace to anyone in the area. ©

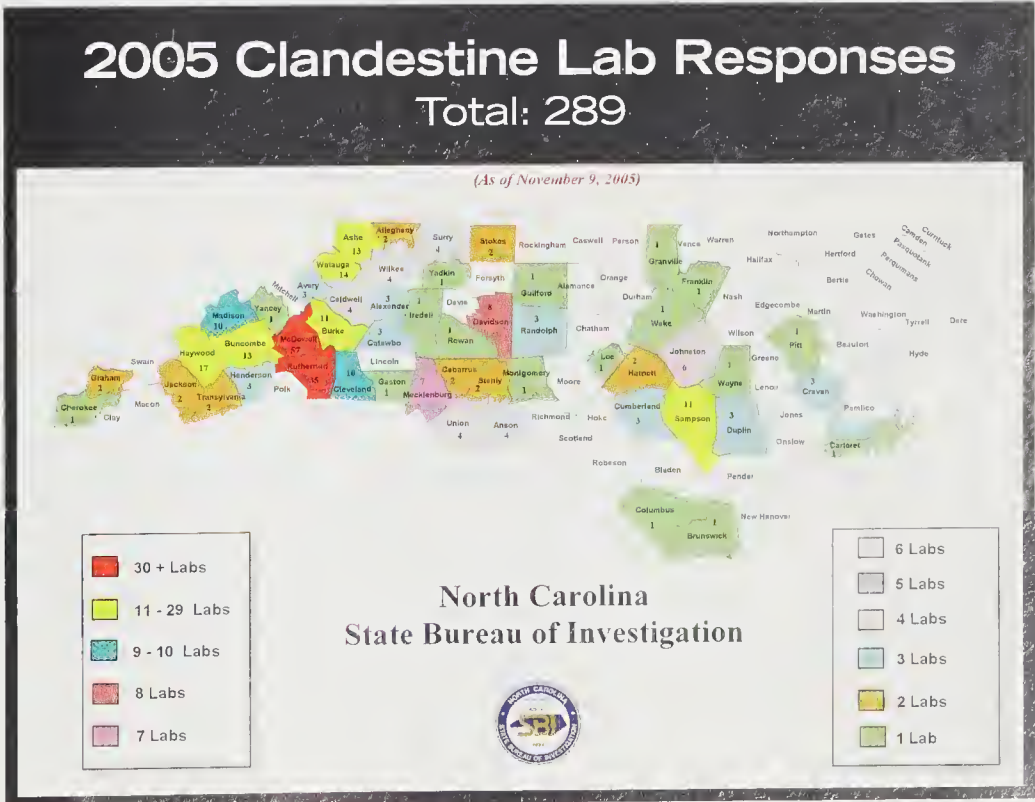
Contact information for presentations:

Public Safety Coalition  
2399 Lawrenceville Hwy, #6  
Lawrenceville, VA 30044  
(888) 806-1199

Signs of a meth lab

If you suspect one, stay away from it. Call law enforcement.

- Odor of rotten eggs, ammonia, cat urine
- Heavy traffic at night
- Lots of trash
- People often outside burning trash
- Blacked-out windows
- Lots of clear, glass containers
- Bottles with hoses
- Batteries
- Corroded propane tanks, taped valves
- Excessive security (guard dogs, cameras, alarms, traps)





YOU KNOW YOU'RE FROM

# Carolina country if...



... You climbed up on top of the  
*combine* to watch the sunset

From Jana Parker, Welcome

## From Jana Parker, Welcome

- ... To get to your best friend's house, you go along the creek, down a beanfield, across a bridge, down a cornfield, on a woods trail, between two cornfields, and past the pig lot.
- ... You and your best friend camped out in an old dump truck, got eaten up by skeeters, but had a cat to protect you.
- ... You climbed up on top of the combine to watch the sunset.
- ... You kept a baby pig in the house so he wouldn't get too cold and had to stay up all night listening to him cry.
- ... The biggest thrill of your day was playing in the mud after a rainstorm or rolling down the hill in your front yard.
- ... You go to the high school football game for social reasons, but you find out the final score to tell your parents so they think you watched the game.
- ... You had a weenie roast in the middle of a cow pasture, played in the creek, then stood next to the fire to watch the steam rise off your pants.

## From Larecia Bullock, Oxford

- ... You like salt herring.
- ... You name the places where you fish, such as Black Cat Hole.
- ... You've stood outside waiting for the ice cream truck to come.
- ... You've walked down a long dirt road to catch the school bus.
- ... Morning glories are one of your favorite flowers.
- ... Names of churches and roads in your community contain the word "Creek."
- ... You sop molasses.
- ... Your favorite magazine is Carolina Country.
- ... You sold your cucumber pickings to have enough change to buy an ice cream at the local drugstore.

## From Twyla Fowler, Fayetteville

- ... You know what it means when somebody's not studying you.
- ... Your grandpa always had a dog named Bossman.
- ... You know nothing beats grape hull jelly on homemade biscuits for breakfast.
- ... You know the many differences between yardbird eggs and store-bought eggs.
- ... You save all your bacon drippings and use them for frying eggs and flavoring everything else.
- ... You call everybody "Baby."

## From Sammy Bailey, Wingate

- ... Your mother would fuss if you stood with the Frigidairy open.
- ... If you had a sore throat, one teaspoon of moonshine with rock candy in it was the cure.
- ... You and your father made poppers for your bicycle spokes out of paper and clothespins.
- ... You never dig up the volunteer tomatoes when plowing the garden.

## From Tina Cole and Lois Shumate, Wilkes

- ... Your grandmother says, "Don't touch that, you know it's piezin!"
- ... You ask your grandmother for a bag to put beans in and she says, "Go get a poke."
- ... You have to take a stick with you to the barn because your Dominiquer rooster tries to spur you every time you turn your back.
- ... You put half of a door screen on your '68 Ford 3000 tractor to keep the hay out of the radiator.
- ... You play tunes on the tie downs of a flatbed trailer.
- ... You put a tarp on the back window of your '87 Blazer to keep the rain out because the window won't roll up.
- ... You cut bamboo in the pasture, then tie it on top of your '92 Blazer to haul home and stake up your tomato plants.

## From Earl Auton

- ... There are big retrievers in the bed of every other pick-up truck.
- ... You give directions using KFC and Waffle House as landmarks.
- ... You still see Dale Earnhardt tributes on cars.
- ... You can't imagine life without Bojangles' sweet tea.
- ... You have a sunburn from May to October.
- ... You can tell the difference between cotton fields and tobacco fields while driving by them.

## From Margaret Miller Hall, Matthews (formerly of Rockwell)

- ... You take a bath in the creek after a hard day's work.
- ... You run to the spring and get water when the mason calls for more mortar.
- ... You ride the horse to the store to get a 25-cent block of ice.
- ... You go to the watermelon patch and burst a melon and eat it with your fingers.
- ... You boil your clothes in the wash pot after they have been scrubbed on a washboard.
- ... You ride a horse-drawn wagon with your dad for 10 miles to get homemade molasses.
- ... You get a 50-pound block of ice from the ice truck once a week to put in the wooden icebox.



**From Lorrie Shorts, Raeford**

- ... You knew not to do anything bad when your mama couldn't see you because Jesus was watching.
- ... You knew not to drink ice water too fast when you're hot because the monkey will get on your back.
- ... To heal your hunting dog from a snakebite you feed him fatback grease and milk.
- ... You know what yellow root is and where to find some.
- ... You have put a watermelon in the river to get it cold while you were swimming.
- ... You know to NOT to go snipe hunting, because you're too smart for that.

**From Opal Southern, East Bend**

- ... You have made kraut and grapeleaf pickles in a crock.
- ... You shaped butter in a butter mold.
- ... You have floated down the river on an inner tube.
- ... The first thing with a motor you drove was a tractor.
- ... You have eaten stuffed pepper and cornbread.
- ... You pulled up fresh spring onions and ate them with cornbread.
- ... You warmed water in a No. 3 tub by sunlight for bath water and then bathed in the tub.
- ... You used a crosscut saw to cut logs into lengths to fit the stove for heating and cooking.
- ... You have drunk locust beer.
- ... You have sliced apples in small pieces and put them out in the hot sunshine to dry.
- ... You have eaten chicken soup cooked in a large black pot that had squirrel in it.
- ... You put ashes on cabbage in the garden to keep worms off.
- ... You used small pieces of pine knots to start a fire.
- ... You hunted running cedar in the woods to use for Christmas decorations.
- ... You made frog houses out of mud with your foot.
- ... You put thread through two of the holes in a large button and pulled each end of the thread to make a whizzer. (B)

**If you know any that we haven't published, send them to:**  
**E-mail:** editor@carolinacountry.com  
**Mail:** P.O. Box 27306, Raleigh, NC 27611  
**Web:** www.carolinacountry.com

**GO ONLINE See more on our Web site.**



**After the  
ho, ho,  
hos...  
Comes the  
bills, bills,  
bills.**

**Don't let  
holiday bills  
get your new  
year off to a  
bad start.**

**One 10 minute phone call is all it takes  
to pay off all your bills and  
get a fresh start financially!**

**Look how low your payments could be at 5.25%:**

Loan Amount	Loan Amount	Loan Amount
\$75,000	\$100,000	\$150,000
Monthly pymt.	Monthly pymt.	Monthly pymt.
\$414.15*	\$552.20*	\$828.31*

**\*5.803** Annual Percentage Rate, 1 yr. ARM, 2/6 caps LIBOR, 2.25 margin, 30 yr. term. Subject to credit, collateral and income requirements. Rates as of 11/16/05. Rates subject to change.

- Get up to 125% of home's value with **no appraisal!**
- Buy your dream home with **no money down!**

Programs for: • Self employed/unable to verify income  
 • Refinance to a lower rate • Less than perfect credit  
 • Doublewide homes with land

• **Fast approvals • Local closings • Cash to you in just days!**

Homeowners: call toll-free anytime, 24 hours a day, seven days a week:

**The Mortgage Outlet, Inc. - 1-888-268-6690**

10 State Residential Mortgage Lender • In business since 1993  
 • Visit us at [www.moneyoutlet.com](http://www.moneyoutlet.com) •





### “Smoky Mountain Elk”

The latest artwork by painter Linda Relis, titled “Smoky Mountain Elk,” was inspired by elk in the remote Cataloochee Valley on the eastern side of the Smoky Mountains. Relis, who lives part-time in Murphy, has a love of nature and a special concern for fast-disappearing habitats of animals. A giclee print of “Smoky Mountain Elk” is available on 100 percent rag paper in two sizes: 16 by 20 inches (\$175) and 22 by 28 inches (\$250). Other products available include original paintings, notecards, tiles, tote bags and mouse pads.

(772) 340-5154  
[www.relisart.com](http://www.relisart.com)



### Sweetums' Cake in a Jar

Sweetums' Original Cake in a Jar, made by Sweetums Eats & Treats in Pinebluff, is a handy thing to have on hand for unexpected company or to send to loved ones. The cakes are baked in a mason jar and vacuum packed. Sweetums says the cakes have a shelf life of up to a year, or if opened will stay fresh for two weeks refrigerated, and they easily slide out of the jar. Flavors include butter macadamia, German chocolate, orange cranberry, banana nut, white chip pumpkin walnut and holiday spice, along with a new cake made from wine. Prices are \$6 a jar, plus shipping. Sweetums also sells fruit spreads, including blueberry, peach and strawberry flavors and plans to offer wine jelly.

(910) 281-5500  
[www.sweetumseatsandtreats.com](http://www.sweetumseatsandtreats.com)

### Apple Mill

Making apple cider since 1927, the Apple Mill kitchen and retail store is located in Saluda. Apple Mill prides itself on using only fresh fruit grown locally to make homemade products like whole apple butter, mulled cider, fresh cider, fruit preserves and jellies. Apple Mill also makes gift boxes out of wood from the sawmill on the orchard grounds. Their products contain no preservatives or artificial colors. Visitors can view the Apple Mill kitchen operation where their products are made daily, including double washing and drying, apple grating and coring.

(828) 749-9136  
[www.ncapplemill.com](http://www.ncapplemill.com)



### “Sketches from Pinehurst”

The North Carolina Symphony conveys the history and spirit of Pinehurst on this CD. The composition by Terry Mizesko was written to honor the 2005 U.S. Open. Also included on the CD are works by Benjamin Britten, Ralph Vaughan Williams and Jean-Philippe Rameau. Music director Grant Llewellyn conducted all of the works. The CD is \$18. In addition to online purchasing, the CD may be purchased from the North Carolina Symphony at the box office and store in Raleigh. The store is open Monday–Saturday from 10 a.m.–6 p.m.

(919) 733-2350, ext. 255  
[www.ncsymphony.org](http://www.ncsymphony.org)



### Family adventure

Earthshine Mountain Lodge offers a family getaway for all seasons that emphasizes outdoor fun and adventure. Activities at the lodge, located between Cashiers and Brevard, include climbing, ropes course, orienteering, creek hikes and a “Flight Thru The Treetops” zip line course that runs between treehouses. Kids can also learn pioneer skills such as blacksmithing, candle-making and spinning wool. The all-inclusive fee covers three home-cooked meals, hors d'oeuvres and hot chocolate around the fire. After dinner, there are campfire tales, magic shows, scavenger hunts, mountain music and dance. Prices, including tax, are \$170 for adults per night (double occupancy), \$110 for youth ages 10–15, \$90 for children 6–9, and \$50 for kids under age six. Gift certificates are available upon request for major holidays and summer.

(828) 862-4207  
[www.earthshinemtnlodge.com](http://www.earthshinemtnlodge.com)





# on the bookshelf

## N.C. architecture

This new reference edition offers a convenient format, including the full text and 85 percent of the original coffee-table edition. Author and historian Catherine Bashir's narrative tells the history of the state through its public and private buildings, as well as its farmhouses, barns, log houses, mills, factories and churches. It also includes new building dates and an updated bibliography. Published by the University of North Carolina Press in Chapel Hill. Softcover, 676 pages, \$24.95.

(919) 966-3561  
<http://uncpress.unc.edu>



## Ghostly lighthouses

Lighthouses have always fascinated people, and in this new collection author Sheryl Monks presents 15 dramatic, spooky tales about ghostly inhabitants of some of America's most fabled eastern seaboard beacons. "Ghostly Lighthouses from Maine To Florida" includes the Currituck Beach Lighthouse in Currituck (about the haunted North Room), Sequin Island Lighthouse in Maine (where eerie piano music is heard drifting across the harbor), and the St. Augustine Lighthouse in Florida (two dead sisters still play pranks on visitors). Author Monks, who presents informative, researched prefaces about the lighthouses, lives in Ronda, Wilkes County. Published by John F. Blair Publisher of Winston Salem. Softcover, 146 pages, \$12.95.

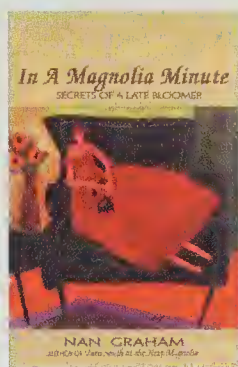


(800) 222-9796  
[www.blairpub.com](http://www.blairpub.com)

## Magnolia-flavored essays

This humorous collection by NPR radio commentator Nan Graham serves up an anecdotal tour of the South and the characters who inhabit it. Graham's essays range from the Florida Panhandle to the Research Triangle and include a fellow who eats Vicks VapoRub for dessert, a mom who refuses to acknowledge time zones, and a more somber recollection of when Graham's husband was fighting in Vietnam. Author Graham lives in Wilmington. "In a Magnolia Minute: Secrets of a Late Bloomer" is published by John F. Blair Publisher of Winston Salem. Softcover, 228 pages, \$14.95.

(800) 222-9796  
[www.blairpub.com](http://www.blairpub.com)



## Winged horse pictorials

"Outer Banks Wild: A Winged Horse Extravaganza" pays tribute to the popular public art exhibit in a two-volume pictorial of the varied, adventurous creations installed from Corolla through Ocracoke Island, the Outer Banks to the Currituck mainland, the Dismal Swamp Welcome Center and also out of state. The covers include an attached paintbrush, and inside are colorful, detailed pictures of the imaginatively decorated horses along with the names of their artists and sponsors. Published by Outer Banks Press of Kitty Hawk. Volume 1, softcover, 96 pages, \$15.95. Volume 2, softcover, 80 pages, \$15.95.

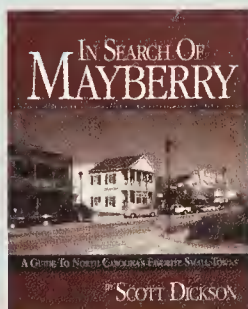


(888) 261-4411  
[www.outerbankspress.com](http://www.outerbankspress.com)

## Celebrating small towns

Focused on some of the most celebrated and fascinating small towns in North Carolina, "In Search of Mayberry" features villages and communities where hometown values and beliefs are the center of attention. "Andy Griffith Show" fans are offered insight into Mayberry landmarks and shopping and dining such as Aunt Bea's Barbecue and Mayberry Consignments. The author, Scott Dickson, concentrates on 12 towns across the state, from Beaufort to Mt. Olive to West Jefferson. Parkway Publishers of Boone. Softcover, 116 pages, \$19.95.

(800) 821-9155  
[www.parkwaypublishers.com](http://www.parkwaypublishers.com)




## Mountain hikes

"Day & Overnight Hikes: The Great Smoky Mountains" takes hikers off the beaten trail to the more secluded rambles, from highland meadows and open vistas to pristine streams and pioneer farms. Designed to fit in a back pocket, the revised edition now covers more than 40 hikes. Each profile contains four key elements: detailed trail maps, elevation profiles, directions to trailheads and trail descriptions about scenery, conditions, difficulty and solitude. Published by Menasha Ridge Press of Birmingham, Al. Softcover, 132 pages, \$12.95.



(800) 243-0495  
[www.menasharidge.com](http://www.menasharidge.com)





**20' x 100' x 8'6"**  
**\$8,950**

LET US SHOW YOU WHY WE'RE #1  
**HERITAGE BUILDING SYSTEMS®**  
**800.643.5555**  
[www.heritagebuildings.com](http://www.heritagebuildings.com)



**CHOIR ROBES**  
EXPERT TAILORING **\$31<sup>95</sup>** & UP

Finest fabrics including permanent press and wash & wear. Superior quality. Free color catalog and fabric swatches on request.

**GUARANTEED SATISFACTION**

Call Toll Free:  
**1-800-826-8612**

**REGENCY**  
CAP & GOWN CO.  
[www.rcgown.com](http://www.rcgown.com)  
P.O. Box 8988-N Jacksonville, FL 32211

## Farm Tours

**HAWAII**  
4 Islands-15 days

**\$1678\*** pp  
Includes Tax & Inter Island Airfare



The **Best** Escorted Vacation  
You'll Ever Find!

Maui, Oahu, Kauai and Hawaii...

Departs Mondays and Thursdays in January 2007, Includes Inter island airfare. Hawaiian owned hotels, transfers, and baggage handling. Escort on each island. Staying in Oahu, Hawaii (Kona & Hilo), Maui and Kauai. Sightseeing includes Honolulu City Tour with Pearl Harbor, Volcano National Park, Kona Coffee Plantation Tour, Parker Cattle Ranch Museum, Orchid Nursery, Macadamian Nut Factory Tour, Wailua Riverboat Cruise, Fern Grotto, Plus more as listed in brochure. So call today and make your reservations.

\*Air Fares start at \$600 p.p.

Carefree Vacations Since 1967

**Your Man Tours**

Call for free brochure **800-888-8204**

## Best Prices - Best Buildings.



The extra space you need — at a price you can afford!



Save thousands on:  
25'x30', 30'x60',  
35'x54' & More!

Garages  
Workshops  
Storage  
Agriculture  
Hobbies

**1-800-405-7501**

[www.us-buildings.com](http://www.us-buildings.com)

## LOWEST COST Term Life Insurance

Issue ages through 90

AGE	\$100,000	\$250,000
45	12.78	22.75
55	16.19	31.28
65	31.06	68.47

Rates figured on monthly cost for female non-tobacco users.

**RAMLET & ASSOC. INC.**  
**(800) 933-6354**

TALIC FORM NO. 1-32207-198

NEW RATES  
FROM  
**1.25%**

# High Payments? Call for help!

REFINANCE • DEBT CONSOLIDATION • HOME IMPROVEMENTS • NOT SO PERFECT CREDIT  
NO INCOME VERIFICATION • PREVIOUS BANKRUPTCY OK • DOUBLEWIDES WITH LAND

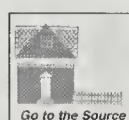
**Homeowners, Consolidate Debt Now! NO UPFRONT FEES!**

SAMPLE LOAN	PAYMENT	TERM	RATE*	APR
\$50,000	\$187.50	HM EQTY	4.50**	4.87%
\$100,000	\$777.83	15 YR. Fixed	4.75*	5.05%
\$150,000	\$816.73	30 YR. Fixed	5.12*	5.32%
\$200,000	\$770.83	5 YR ARM	4.62***	5.34%
\$200,000	\$666.50	Power Arm	1.25***	4.83%

\* Conforming loans for 70 LTV rate/term refinance transactions. Rates fixed. \*\* Interest only home equity line of credit at 80 LTV. Interest only payments for up to ten years. Principle payments may be made at any time up to maturity date without penalty. \*\*\* ARM loans are 70 LTV rate term refinance transactions. Power ARM adjusts monthly with annual payment changes. Rates and payments subject to change without notice.



Real People...Real Results!



**EquiSource**  
HOME MORTGAGE CORPORATION

Applications Taken 24 Hours a Day 7 Days A Week!

**1-800-794-6178**

Apply online—[www.equisourcehomemtg.com](http://www.equisourcehomemtg.com)

## MOBILE HOME ROOF PROBLEMS?

**PERMA-ROOF®**

from Southern Builders

The Mobile Home Roofover  
Specialist Can Help!



**LIFETIME WARRANTY**

**ONE FOOT OVER-HANG**

**NO MORE ROOF RUMBLE**

**COMMERCIAL GRADE STEEL**

**2"or 3" FOIL BACKED INSULATION**

**CALL FOR A FREE ESTIMATE!**

**[www.roofover.com](http://www.roofover.com)**

**1-800-633-8969**



$\pi$  5 2 c<sup>p</sup> a MATH WIRDZ

### County Countdown

Letters have been substituted for digits in this division problem. Given I=3, can you replace the digits to find the value of FRANKLIN County? Repeated letters stand for repeated digits.

F R A N K L I N

3

I

I K F L A R A N

3

3

I

3

K

K

F L

F N

R A

F E

R R

R F

F A

T

F N

F N

### UNSCRAMBLIT

C y N i c a l s a y s :  
" T w o \_\_\_\_\_ m a k e o n e \_\_\_\_\_ . "  
a s c l b n u e r m l

Use the capital letters in the code clue below to fill in the blanks above.  
"A C I N O P R S T V" means  
u n s c r a m b l e

WORD  
—WARD—WARY—PRAY—  
PLAY

To get from SLEEP to AWAKE you must change one letter in each step. Letters may be rearranged in any step. Your answer may be different from mine.

1. S L E E P
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. A W A K E

### A leak from the Pentagon

A friend of mine, a former CIA agent, recently “leaked” this bit of information to me which should be of interest to nations which have spy satellites orbiting the earth.

There is, or perhaps was, a small outbuilding in the center of the quadrangle (pentangle?) surrounded by the five sides of the Pentagon. It has a domed roof, and the structure itself is so small that anyone viewing pictures of it taken from outer space might fear that there is more to it underground.

Pentagon employees irreverently refer to its location as “ground zero.”

But those privy to inside information know that the structure is not a missile silo. It is not an outhouse. It is (or was) a hotdog stand.

You read it here first.



## BUILT TO LAST AND PRICED TO SELL...



Compare our everyday price for our 25'x40' building:

**\$4,990** FRONT END OPTIONAL

- EASY DO IT YOURSELF
- 30-YEAR WARRANTY
- 100% USEABLE SPACE

• Many sizes, shapes & applications! • Tough, rugged building – lasts! • Heavy gauge Galvalume steel • Easy to finish trussless interior • Totally maintenance free!



STEEL BUILDINGS GO FACTORY DIRECT

**800-668-5422**

www.pioneersteel.com

26 YEARS OF REPUTATION BUILT OF STEEL

## January 15 '06 - February 25, '06 Winter Building Days national open house • feb. 24 & 25, 2006



Call Our Customer Care Line

800-356-9682



**Wick  
Buildings®**

by Wick Building Systems, Inc.

Visit WickBuildings.com  
for more details and the  
location nearest you.

**CHEAP  
STEEL  
BUILDINGS!**  
**1-800-222-6335**  
www.clearancebuildings.com

**FORT KNOX**  
SECURITY PRODUCTS  
**1-800-841-9004**  
**Carolina Safe Company**  
IN-HOME DELIVERY AVAILABLE!

Farm • Industrial • Commercial  
20 Year Warranty on Roof & Walls;  
Prices F.O.B. Mfg. Plants;  
Seal Stamped Blue Prints;  
Easy Bolt Together Design.

PRICES INCLUDE COLOR SIDES  
& GALVALUME ROOF

30' x 50' x 10'	\$7,695
40' x 60' x 12'	\$10,725
60' x 100' x 16'	\$24,590
80' x 100' x 16'	\$32,225
100' x 150' x 16'	\$55,450

**Arena Special  
(roof & frame)**  
120' x 100' x 16'...\$42,800

**RHINO®**  
STEEL BUILDING SYSTEMS

VISIT OUR WEBSITE VISIT OUR WEBSITE

Fax: 940-484-6746 email: rhinobldg@GTE.NET  
Website: http://www.RHINOBLDG.COM  
Toll Free **1-888-320-7466**

**ADVANTAGE  
STEEL BUILDINGS, INC.**

For The Best Building Package  
At the Absolute Lowest Prices  
Call Today (877) 657-8335  
Or go Online At  
www.advantagesteelbuildings.com

30x50x10	\$ 6,290.00
40x60x12	\$ 8,975.00
50x75x14	\$13,547.00
80x120x16	\$32,133.00

We Also Have Mini-Storage Packages  
All Sizes Including Climate Control

Bolt-up construction. Call for free price quote.

40x50x12	60x75x14	100x125x16-M1
\$8,338	\$15,528	\$39,033

Ask us about our mini storage buildings.....

**PROGRESSIVE**  
STEEL BUILDINGS INC.  
"Strong Today, Safe Tomorrow"  
www.progressivesteelbuildings.com

Office  
(800) 664-0567  
Fax  
(501) 834-8407

**Arco** **Quality Steel Buildings**  
**1-800-241-8339**

ARCO Building Systems has been named by Metal Construction News as the 3rd largest builder of metal buildings in the United States. We offer, *Direct to the Consumer*, the highest Quality all steel buildings available, as well as the Engineers to answer all your questions. With ARCO, you receive the most attractive, maintenance free building on the market with the service to match.

**People who know buy ARCO**

40X60X12.....	\$ 9,920
50X75X10.....	\$ 13,523
60X100X12.....	\$ 19,981
60X75X12.....	\$ 15,672
50X100X12.....	\$ 16,920
100X100X12 w/column.....	\$ 34,872
100X150X14 w/column.....	\$ 49,683

FOB Plant-All sizes available-Local codes may affect prices  
20'X100'X8'6".....Mini Warehouse.....\$ 9,815

**25** **Arco** **Years**

**Arco Building Systems, Inc.**  
Visit us at our web-site...www.arcosteel.com

**PREMIER  
BUILDING SYSTEMS**  
**1-800-882-5150 (770) 239-2085**

**PBS**

**The more you look,  
The better we look!**

30x40x10.....	\$6,229
50x60x12.....	\$11,305
60x100x12.....	\$19,995
100x150x16.....	\$ 59,475

Does not include freight tax, any construction cost. \*Codes & market may affect prices.

**ALL SIZES AVAILABLE**  
**26 GA., 20 YEAR WARRANTY ROOF & WALLS**

**MINI WAREHOUSES AVAILABLE**  
**20 X 100 X 8'-6" ... \$8,299**

**Custom Quality Steel Buildings  
at Discount Prices!**  
www.premierbuildings.com



# January Events



See more than a thousand tropical butterflies in flight at the Museum of Life and Science in Durham. Tour the butterfly house/insectarium on January 25. Call (919) 220-5429 or go to [www.ncmls.org](http://www.ncmls.org)

**Sinbad in Concert**  
Jan. 14, Fayetteville  
(910) 323-1991  
[www.community-concerts.com](http://www.community-concerts.com)

**Coastal Creatures**  
Jan. 14, Gastonia  
(704) 866-6900  
[www.schielemuseum.org](http://www.schielemuseum.org)

**Four Seasons Chamber Music Ensemble**  
Jan. 15, Winston-Salem  
(336) 721-1945  
[www.ncarts.edu/stevens\\_center](http://www.ncarts.edu/stevens_center)

**Allegheny Moon Bluegrass**  
Jan. 21, Pilot Mountain  
(336) 368-7111  
[www.sawbriar.com](http://www.sawbriar.com)

**Michael Huie's "3 Hats"**  
Jan. 21, Danbury  
(336) 593-8159  
[www.stokesarts.org](http://www.stokesarts.org)

**Ink Making/Quill Pen Writing**  
Jan. 21-22, High Point  
(336) 885-1859  
[www.highpointmuseum.org](http://www.highpointmuseum.org)

**Planet Quest:  
The Solar System**  
Jan. 24, Gastonia  
(704) 866-6900  
[www.schielemuseum.org](http://www.schielemuseum.org)

**Butterfly House/  
Insectarium Tour**  
Jan. 25, Durham  
(919) 220-5429  
[www.ncmls.org](http://www.ncmls.org)

**Bluegrass Singer  
Donna Hughes**  
Jan. 28, Pilot Mountain  
(336) 368-7111  
[www.sawbriar.com](http://www.sawbriar.com)

## COAST

**Barbara Martin & Mac Walter**  
Jan. 7, Beaufort  
(252) 504-2787  
[www.downeastarts.org](http://www.downeastarts.org)

**Crystal Coast Bridal Fair**  
Jan. 14, Morehead City  
(252) 247-3883

**MLK Jr. Birthday Celebration**  
Jan. 16, Morehead City  
(252) 247-3883

## MOUNTAINS

**MLK Birthday Celebration  
African Dance Ensemble**  
Jan. 16, West Jefferson  
(336) 846-2787  
[www.ashecountyarts.org/commprograms.htm](http://www.ashecountyarts.org/commprograms.htm)

**"Man 1, Bank 0" Comedy**  
Jan. 20, West Jefferson  
(336) 846-2787  
[www.ashecountyarts.org/commprograms.htm](http://www.ashecountyarts.org/commprograms.htm)

**Mozart's Birthday Bash**  
Jan. 27, West Jefferson  
(336) 846-2787  
[www.ashecountyarts.org/commprograms.htm](http://www.ashecountyarts.org/commprograms.htm)

## PIEDMONT

**"Season of Light"**  
Jan. 1-2, Gastonia  
(704) 866-6900  
[www.schielemuseum.org](http://www.schielemuseum.org)

**"Shamans, Saints and Santas"**  
Jan. 2, Gastonia  
(704) 866-6900  
[www.schielemuseum.org](http://www.schielemuseum.org)

**Cherryholmes Family Band**  
Jan. 7, Oakboro  
(704) 485-3649  
[www.oakboromusichall.com](http://www.oakboromusichall.com)

**Old North State Antique Gun &  
Military Antiques Show**  
Jan. 7-8, Raleigh  
(704) 282-1339  
[www.thecarolinatrader.com](http://www.thecarolinatrader.com)

**Carolina Rocks:  
Geology of Our State**  
Jan. 10, Gastonia  
(704) 866-6900  
[www.schielemuseum.org](http://www.schielemuseum.org)

**Mike Marshall & Chris Thile**  
Jan. 10, Winston-Salem  
(336) 721-1945  
[www.ncarts.edu/stevens\\_center](http://www.ncarts.edu/stevens_center)

**Planet Quest:  
The Solar System**  
Jan. 10, Gastonia  
(704) 866-6900  
[www.schielemuseum.org](http://www.schielemuseum.org)

**"None of the Above" bluegrass**  
Jan. 14, Pilot Mountain  
(336) 368-7111  
[www.sawbriar.com](http://www.sawbriar.com)



# January Events *continued*

**Joyce Yang, Pianist**

Jan. 19, Greenville  
(252) 328-4788  
[www.ecuarts.com](http://www.ecuarts.com)

**Waterfowl Slides**

Jan. 20, Beaufort  
(252) 728-1638  
[www.ncmm-friends.org](http://www.ncmm-friends.org)

**Truck & Tractor Pull**

Jan. 20–21, Williamston  
(252) 330-4984

**The Amazon & Machu Picchu**

Jan. 23, Beaufort  
(252) 728-1638  
[www.ncmm-friends.org](http://www.ncmm-friends.org)

**Beaufort's Dolphins**

Jan. 24, Beaufort  
(252) 728-1638  
[www.ncmm-friends.org](http://www.ncmm-friends.org)

**Great Lake to Cedar Point Driving Tour**

Jan. 26, Beaufort  
(252) 728-1638  
[www.ncmm-friends.org](http://www.ncmm-friends.org)

**Piedmont Blues Showcase**

Jan. 27, Oriental  
(252) 249-3362

**Carolina Piano Trio**

Jan. 27, Morehead City  
(252) 728-4488

**Annual Boat Show & Fishing Expo**

Jan. 27–29, Williamston  
(252) 321-4287

**Phil & Andrea Owens**

Jan. 28, Morehead City  
(252) 504-2787  
[www.downeastfolkarts.org](http://www.downeastfolkarts.org)

**NOW SHOWING**

A LISTING OF EXHIBITS

**MOUNTAINS****John Mode Photography**

Through Jan. 8, Hickory  
Hickory Museum of Art  
(828) 327-8576  
[www.hickorymuseumofart.org](http://www.hickorymuseumofart.org)

**"Sights and Sounds of Christmas"**

Through Jan. 2006, Lenoir  
Caldwell Heritage Museum  
(828) 758-4004  
[www.caldwellheritagemuseum.org](http://www.caldwellheritagemuseum.org)

**"It's Raining Cats and Dogs"**

Jan. 4–Feb. 10, West Jefferson  
Ashe County Arts Center  
(336) 846-2787  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

**Tom Mate, Artist**

Jan. 14–April 9, Hickory  
Hickory Museum of Art  
(828) 327-8576  
[www.hickorymuseumofart.org](http://www.hickorymuseumofart.org)

**"Meeting of the Minds"**

Through Feb. 26, Hickory  
Hickory Museum of Art  
(828) 327-8576  
[www.hickorymuseumofart.org](http://www.hickorymuseumofart.org)

**"Faces and Figures in Folk Art"**

Through March 2006, Hickory  
Hickory Museum of Art  
(828) 327-8576  
[www.hickorymuseumofart.org](http://www.hickorymuseumofart.org)

## CAROLINA COUNTRY adventures



*Commercial fishing docks at Engelhard*

### Mainland Hyde County (Tideland EMC territory)



*They call this "the road less traveled." Vast stretches of fertile farmland lie next to serious commercial fishing operations. Here you can see more wild geese, swans and ducks than people. On the Intercoastal Waterway, you'll feel you're in another world where there are no buildings. Step off the road less traveled to see where the area's African American community made civil rights history in the 1960s. Maybe the best way to experience this place is to connect with one of the outdoor guide services who know their backyard better than anyone.*

**Three top spots:**

**Lake Landing Driving Tour:** On the National Register of Historic Places, Lake Landing Historic District is an expanse of connected plantations that is the state's largest historic district in land area. It's on Hwy. 264 between Engelhard and New Holland.

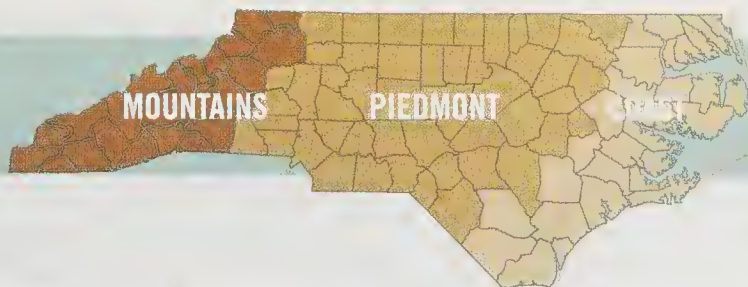
**Lake Mattamuskeet National Wildlife Refuge:** Established in 1934, the refuge comprises some 50,000 acres and is a major wintering ground for tundra swans, snow geese and a variety of ducks. It's the largest natural lake in North Carolina and averages only two feet in depth. On the grounds is Mattamuskeet Lodge, now closed to the public, where in the early 1900s the world's largest pumping station attempted to drain the area for agriculture.

**Church Moved by the Hand of God:** On the day of its dedication in 1873, the Methodist church in Swan Quarter was swept away by a flood and carried along the streets into town to a new location. Today it stands behind the new Providence Methodist Church.

*Learn of other nearby adventures and events:*

Greater Hyde Chamber of Commerce  
(888) 493-3826  
[www.albemarle-nc.com/hyde](http://www.albemarle-nc.com/hyde)





**Carl Moser Photography**  
Through March 12, Hickory  
Hickory Museum of Art  
(828) 327-8576  
[www.hickorymuseumofart.org](http://www.hickorymuseumofart.org)

## PIEDMONT

### "American Roots"

Jan. 6–May 19, Carrboro  
The ArtsCenter  
(919) 929-2787  
[www.artscenterlive.org](http://www.artscenterlive.org)

### "Renaissance to Rococo"

Through Jan. 15, Charlotte  
Mint Museum of Art  
(704) 337-2000  
[www.mintmuseum.org](http://www.mintmuseum.org)

### "The Artists of Greensboro"

Through Jan. 15, Fayetteville  
Fayetteville Museum of Art  
(910) 485-5121  
[www.fay-moa.org](http://www.fay-moa.org)

### "Building Fun:

#### World of Kapla Returns"

Through Jan. 29, Durham  
Museum of Life and Science  
(919) 220-5429, [www.ncmls.org](http://www.ncmls.org)

### "Beauty and the Beast"

Jan. 20–Feb. 12, Fayetteville  
Cape Fear Regional Theatre  
(910) 323-4233, [www.cfrt.org](http://www.cfrt.org)

### "Winter in the Piedmont"

Through Feb. 19, Gastonia  
Schiele Museum  
(704) 866-6900  
[www.schielemuseum.org](http://www.schielemuseum.org)

### "The Land of Make-Believe"

Through Feb. 26, Charlotte  
Mint Museum of Art  
(704) 337-2000  
[www.mintmuseum.org](http://www.mintmuseum.org)

### "Uncommon Threads"

Jan. 20–March 12, Fayetteville,  
Fayetteville Museum of Art,  
(910) 485-5121, [www.fay-moa.org](http://www.fay-moa.org)

### "Crosscurrents"

Jan. 28–Aug. 6, Charlotte  
Mint Museum of Art  
(704) 337-2000  
[www.mintmuseum.org](http://www.mintmuseum.org)

### "The Potter's Eye"

Through Mar. 19, Raleigh  
N.C. Museum of Art  
(919) 839-6262  
<http://ncartmuseum.org>

### "Thirties Glamour and Allure of Bakelite"

Through April 2, Charlotte  
Mint Museum of Art  
(704) 337-2000  
[www.mintmuseum.org](http://www.mintmuseum.org)

## COAST

### "Visions"

Through Jan. 6, Edenton  
Chowan Arts Council Gallery  
(252) 482-8005  
[www.chowanarts.org](http://www.chowanarts.org)

### "Elements of Nature and Art"

Through Feb. 12, Wilmington  
Cameron Arts Museum  
(910) 395-5999  
[www.cameronartmuseum.com](http://www.cameronartmuseum.com)

### Dorothy Gillespie: Reflections

Through Feb. 19, Wilmington  
Cameron Arts Museum  
(910) 395-5999  
[www.cameronartmuseum.com](http://www.cameronartmuseum.com)

## Listing Information

### Deadlines:

For March: January 25  
For April: February 24

**Submit Listings Online:** Visit  
[www.carolinacountry.com](http://www.carolinacountry.com) and click  
"See NC" to add your event to the  
magazine and/or our Web site. Or  
e-mail [events@carolinacountry.com](mailto:events@carolinacountry.com)



Come, Take a Step  
Back in Time & Visit  
*Hyde County Mainland &*  
**Ocracoke Island**  
*The Road Less  
Traveled*

**For a Free Visitor Guide**  
**888-493-3826**  
[www.hydecountry.org](http://www.hydecountry.org)

## HAULS LIKE A DUMP TRUCK YET IT HANDLES WITH EASE!

Try out the DR® POWERWAGON™ – the heavy-duty, easy-handling, self-propelled hauler for your yard, barn, woodlot or garden – for 6 months RISK-FREE!

**6-MONTH RISK-FREE TRIAL!**

- **HAUL** up to 800 lbs...up or down hills, over rough, even soft, wet ground!
- **UNLOAD** it like a dump truck without shoveling or tedious hand labor.
- **ENJOY** the easy handling of 4 speeds, Power Reverse, Electric-Starting, and Zero-Radius-Turning!

**CALL TOLL-FREE:**  
**1-888-550-0065**

YES, please send me **FREE** details of the DR® POWERWAGON™ including how I can try one out for 6 months **RISK-FREE!**

Name \_\_\_\_\_ CARC  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Email \_\_\_\_\_

**DR® POWER EQUIPMENT**, Dept. 52530X  
127 Meigs Road, Vergennes, VT 05491  
[www.DRpowerwagon.com](http://www.DRpowerwagon.com)

**WHY STRUGGLE?**  
Hauling heavy loads unassisted can strain your arms and back!

©2006 CHP, Inc.



## Witch Hazel: A Winter Beauty

The yellow flowers of Chinese witch hazel arrive in winter, bringing a welcome display of color along with a heady perfume. As beautiful as forsythia but much less common, this large shrub has singular charm, with its fringelike flower petals and winter show. Chinese witch hazel (*Hamamelis mollis*) has the most aromatic flowers, but other witch hazels produce equally stunning blossoms—in hues from yellow to red. As a bonus, many witch hazels have attractive and colorful fall foliage. There are scores of cultivated varieties from which to choose. The Asian witch hazels usually grow 10–15 feet tall and 10–15 feet wide with an upright, rounded shape. Good choices for borders and hedges, they perform best in full sun to part shade in well-drained, evenly moist, slightly acidic soil that is rich in organic matter. Chinese witch hazel is less hardy than hybrids (zones 6–8) but still suitable for most of North Carolina. Temperatures colder than -10 degrees F will damage flower buds. Common witch hazel (*H. virginiana*), an Eastern woodland native, blooms earlier (late fall to early winter) and is much larger (to 30 feet tall), with fragrant yellow flowers. The other American native, vernal witch hazel (*H. vernalis*), is also suitable for our area and much smaller (6–10 feet), with fragrant, yellow-orange to reddish-orange flowers. Both natives are also available in the nursery trade.

## Hort Shorts

- ▶ Plants and garden wildlife will appreciate a discarded Christmas tree. Lay trimmed branches over plantings for cold-protection. Or lay the entire tree in a corner of the back yard to provide shelter for birds and rabbits. You can anchor the tree upright near a bird feeder to provide perches—smear branches with peanut butter or suet as an extra treat.
- ▶ Place a glass or pan of water near houseplants. The water will provide humidity as it evaporates.



The hybrid witch hazel, 'Orange Peel', sports thick, bright-orange and yellow petals in mid-winter and emits a light fragrance.

## Forcing Bulbs

Who can resist those pots of blooming daffodils, crocuses and hyacinths sold in stores during the winter? These bulbs are fooled into thinking it's spring, a feat you can accomplish rather easily at home. Most bulbs need a cooling period before they will produce foliage and flower—exceptions are amaryllis and paperwhites, a delicate-blossomed, fragrant species of narcissus (*Narcissus tazetta*). To force paperwhites, plant bulbs in shallow pots (3–4 inches) lacking drainage holes, and fill with 1–2 inches of gravel or pebbles. Plant bulbs close together with the tops exposed, and water only up to the base of the bulbs. Paperwhites can also be planted in soil in pots with drainage holes; include at least 2 inches of soil beneath the bulbs. Store pots in a cool, dark location until roots develop (2–3 weeks), then place in a sunny spot indoors. Paperwhites usually bloom in 3–5 weeks. Other bulbs need a cooling period during which they will develop roots. A refrigerator or cellar is a good holding area. The amount of cooling time varies with the type of bulb. Narcissus (other than paperwhites) need 15–17 weeks;

hyacinths, 10–14 weeks; crocus, 15 weeks. Plant them in soil in pots and place in cold storage for the recommended amount of time. Not all bulbs are suitable for forcing; check plant labels.

## Mail-Order Mayhem

How can you tell which mail-order nurseries provide healthy plants and which deliver duds? Here are some tips:

- ▶ It may seem obvious, but look for a telephone number or e-mail address in the catalog. (The lack of one is a red flag.) Try calling with a question to determine how easy it is to reach a "real" person and how helpful and knowledgeable the staff is.
- ▶ Ask for referrals from friends. A helpful online reference is The Garden Watchdog at <http://davesgarden.com/gwd>. It lists more than 4,000 vendors and more than 20,000 customer reviews, plus a handy Top 30 list of the most highly rated companies.
- ▶ Compare prices among catalogs. If a plant is a lot cheaper in one, check the size (usually given in pot size or age of plant). You may find that different nurseries are offering different size plants. If the catalog lists no size at all, beware. You may get a twig in your mailbox!
- ▶ Place an order to test plant quality. ©



Carla Burgess can be reached at [ncgardenshare@mindspring.com](mailto:ncgardenshare@mindspring.com). For more gardening advice, go to the "Carolina Gardens" section of [www.carolinacountry.com](http://www.carolinacountry.com)





**NATIONAL BARN COMPANY**

Horse Barns • Garages • Storage Buildings • Hay Barns

**\$7995\***  
Galvanized/Enclosed  
30x50x10



N.C. Lic.#52845

**30-Year Ceramic-based paint colors and other sizes available.**

**100% Financing WAC**

\*Price Includes: Materials, delivery, construction, a 10' or 12' sliding door, factory pre-engineered trusses, one walk-in door with key, 6 evelights and One-Year Warranty on labor and materials.

- Fully Insured for your protection
- Visa, Mastercard, AmEx accepted
- Call for a Free Brochure & Estimate
- Codes may affect prices

Office Hours: Mon-Fri 8-5; Sat 8-noon CST

**1-888-427-BARN (2276)**  
**Fax (615) 325-2701**  
[www.nationalbarn.com](http://www.nationalbarn.com)  
[nbcad@mindspring.com](mailto:nbcad@mindspring.com)


**Lyric Choir Gown Company**



*Beautiful, Durable  
Professionally  
Tailored Gowns*

**FREE**  
catalog &  
fabric samples

**1.800.847.7977 • lyricrobes.com**



**FREE POULTRY CATALOG**  
All Kinds of Poultry in color. Over 100 varieties of Baby Chicks, Exotic Rare Breeds, Fighting Games, Bantams, Ducks, Shipped safely to your local Post Office.

**MARTI POULTRY FARM**  
Box 27-35, Windsor, Missouri 65360  
Phone: 660-647-3156 Fax: 660-647-3999 Website: [www.martipoultry.com](http://www.martipoultry.com)  
MasterCard, Visa & Discover


**NURSERY STOCK & SEED**

**GROW HALF DOLLAR SIZE MUSCADINES & BLACKBERRIES, FREE CATALOG.**  
200 varieties fruit, nut trees, vines & berries.  
**1-800-733-0324. ISON'S NURSERY,**  
Brooks, Georgia 30205  
[www.isons.com](http://www.isons.com)

**CALL TODAY FOR SPECIALS**



**Steel Buildings  
FACTORY DIRECT**  
ICON BUILDING SYSTEMS  
**888-798-8794**




**KENTUCKY STEEL TRUSS BUILDINGS**

20/90	
24x30x8	\$4,595
30x36x8	\$5,595
40x48x10	\$9,295
50x60x12	\$14,495
60x80x12	\$20,695
75x80x14	\$27,595

**FREE CATALOGUE**  
**1-859-745-0606**  
[www.kstbuild.com](http://www.kstbuild.com)

**New Look!  
The Hobsteel**

**AMERICA'S  
BEST  
BUY**  
since 1986



\*Prices subject to change without notice

**FARM • CHURCH • SPORTS • HORSE • CAR • PLANE**  
**ALL STEEL • ALL COLOR • 25/50 WARRANTY**

**WHOLESALE VEGETABLE PLANTS**  
Tomato, pepper, cabbage, eggplant, onion, kale, collard, sweet potato, broccoli, and cauliflower. Hybrid and standard varieties. Write for FREE catalogue.

**EVANS PLANT COMPANY**  
Box 1649, Department 19, Tifton, GA 31793  
Phone/Fax 1-229-382-1337  
e-mail: [evansplant@friendlycity.net](mailto:evansplant@friendlycity.net)  
[www.evansvegetableplants.com](http://www.evansvegetableplants.com)

**Visit our Web site**  
[www.carolinacountry.com](http://www.carolinacountry.com)

**Carolina country**

Visit [www.carolinacountry.com](http://www.carolinacountry.com) to submit your classified ads online and to pay by credit card.



**Mobile Home Owners  
Protect Your Home Now!**

**Insulated Roofing Systems**

- Stops Roof Leaks
- Stops Roof Condensation
- Stops Roof Rumble
- Maintenance Free

**Vinyl Replacement Tilt-in Windows**

- Easy to Clean
- Better Insulation

**Premium Vinyl Siding**

- Beautiful New Home Look
- Many Styles & Colors Available
- Adds Value to your Home

- FREE Window Shutters with Purchase

**The  
Toughest  
Glue On  
Planet  
Earth.**



Bonds hundreds of materials including wood, stone, metal, ceramic & more! Incredibly strong & 100% waterproof!

**1-800-966-3458 • [www.gorillaglu.com](http://www.gorillaglu.com)**

**JOYNER'S CORNER ANSWERS:**

MATH WIRDOZ!  
IKFLARIN/I=FRANKLIN  
36170205/3=12056735

Unscramble!  
PINTS CAVORT  
WORD PLAY  
SLEEP WEEPS WEEKS WAKES AWAKE

**Lowers Heating & Cooling Bills  
Guaranteed Lifetime Warranty**

Financing available with approved credit  
No Money Down — Affordable Payments  
For a **FREE** No Obligation Estimate Call:

**Mobile Home Exteriors**  
**1-800-849-5715**

**Gorilla Tough**



**Now on a roll.**

Introducing Gorilla Tape, from the Gorilla Glue people. To us, it's the way a tape should be — The Toughest on Planet Earth.

**1-800-966-3458 • [www.gorillatape.com](http://www.gorillatape.com)**



# Increase your fireplace heat efficiency

People seldom realize that most open-hearth fireplaces draw more heat out of a house than they produce to warm it. This makes their furnace or heat pump run longer and increases their utility bills.

Even though you can feel toasty warm directly in front of the flames, the rest of the rooms get chilly. All of the room air, which is drawn up the chimney, is replaced by cold outdoor air that leaks indoors through cracks and gaps throughout your home. This is the reason wingback chairs were invented. They allow you to feel the radiant heat from the fireplace on the front of your body while your sides and back were insulated from the cold room by the chair back.

There are several simple things you can do to make a fireplace more efficient and change it into an overall energy producer and money saver. (Keep in mind, however, that if you have made general improvements to your home to make it more efficient and airtight, those improvements may act to make the fireplace worse by creating a backdrafting and smoky condition.)

The two key areas of fireplace efficiency improvements are (1) reducing the amount of already-heated room air that goes up the chimney, and (2) directing more heat from the fire out into the room. After you make your fireplace improvements, running your central heater blower on continuous air circulation when the fire is burning will help distribute the heated air from the fireplace throughout your home.

The most heated room air is lost up chimneys when there is no fire burning. This will occur 24 hours per day if you have a nonexistent or poorly sealed chimney damper. If you have a damper, close it and then hold a lighted stick of incense at the fireplace opening. The path and speed of the smoke is a good indicator of how well the damper seals.

To seal the chimney better and provide some insulation, I use an inflat-



*Tight-fitting glass doors with a heat-circulating grate underneath.*

able chimney balloon (also called chimney pillow) in my fireplace. It is made of flexible plastic that is placed in the flue. You blow it up like a mini-air mattress and it expands against the sides to seal air leaks. It folds up into a small package when not in use.

Another option is a tight-sealing damper assembly mounted on the chimney top. Long stainless steel cables hang down the chimney and attach inside the fireplace opening to open and close it. It is sealed to the top of the chimney with silicone caulk so it also functions as a protective chimney cap. Chimney exhaust fans also help and can reduce a smoky fireplace condition if it lacks adequate draft.


When you are burning a fire, tight-fitting glass fireplace doors with adjustable air openings really help. Some doors use magnets and others use cams to hold them in the tightly closed position. High-temperature silicon gaskets provide an excellent long-lasting seal. The finishes can be made of polished nickel, copper or pewter.

Installing a heat-circulating grate in the fireplace will make the greatest improvement in usable heat output. The grate is made of steel pipes with a built-in fan that draws cool room air in

one side and blows heated air out the other. The base of the front cover of the grate is only 1.5 inches high so it easily fits under most glass doors.

Models with a built-in thermostat and a variable-speed blower provide the most control over the heat output and the sound level. You set the blower to high speed when the fire is really raging. The thermostat turns the blower on automatically at 110 degrees and off at 90 degrees so it won't continue to run as the fire burns down and cools off.

If you have access from a crawl space or basement beneath the fireplace, you can run a duct from outdoors to the front of the fireplace. Install a tight-sealing adjustable register cover over it. When burning a fire, open the register so outdoor air will be drawn in for combustion. This reduces the amount of heated room air being drawn from your home.

Placing a heavy cast iron plate (fireback) in the back of the fireplace helps radiate the fire's heat out into the room. Most firebacks have decorative patterns cast into the face. 

#### Send inquiries to:

James Dulley  
Carolina Country  
6906 Royalgreen Dr.  
Cincinnati, OH 45244



**NEW! GROW EXPENSIVE PLANTS**, 2000% Profit,  
Earn to \$50,000, Free Information Growbiz, Box 3738-  
NC1, Cookeville, TN 38502—[www.growbiz-abco.com](http://www.growbiz-abco.com)

**WATKINS SINCE 1868.** Top Ten Home Business.  
350 products everyone uses. Free catalog packet.  
1-800-352-5213.

**PIANO TUNING PAYS:** Learn with American School Home-Study Course. 1-800-497-9793.

**INVENTORS:** We help submit ideas to industry. Patent services. 1-888-439-IDEA.

**PUBLISH YOUR OWN BOOK!** Let us show you how.  
Free info: Empire Publishing, PO Box 717, Madison, NC  
27025. 336-427-5850. [www.empirepublishinginc.com](http://www.empirepublishinginc.com)

**BE YOUR OWN BOSS.** In today's job market who really knows what tomorrow will really bring? Take charge of your future today. For more information call 877-277-0846 or visit us online at [www.TheESource.com/JMaidment](http://www.TheESource.com/JMaidment).

**SEABIOTICS/NEW FROM NORWAY.** Stay-at-Home Moms/ Seniors. Training provided. Carolyn 1-888-769-9885.

**VACATION CABIN** in the mountains of Western North Carolina. Real chink logs, jacuzzi, fireplace and covered porch. No smoking—No pets. 828-627-6037. [www.treasurecovecabins.com](http://www.treasurecovecabins.com)

**“CABIN FEVER!”** Cozy vacation cabin at Twin Harbor Resort on Lake Tillery, near Morrow Mountain State and Uwharrie National Parks. \$85.00 nightly, multiple night discounts. Open year-round. 919-542-1958. [www.getcabinfever.com](http://www.getcabinfever.com)

**EMERALD ISLE, NC—CAMP OCEAN FOREST**  
Campground. Camping next to the ocean. Call for  
rates and reservations 252-354-3454.  
[www.campoceanforest.com](http://www.campoceanforest.com)

**PRIVATELY OWNED MOUNTAIN GETAWAYS**—Creek-side Cabins are nestled in the Blue Ridge Mtns. along the NC/VA border. Private hot tubs! Browse our photo gallery to choose one of our custom-built cabins. [www.highmountaincabins.com](http://www.highmountaincabins.com) 800-238-8733

**BEACH HOUSE**, Cherry Grove, SC. 4BR/2B, sleeps 14.  
828-478-3208.

**PIGEON FORGE, TN. CONDO RENTAL.** Fully furnished with two bedrooms, two bathrooms, kitchen, living room, hot tub. Call 336-657-3025 or 336-657-3528.

**ATLANTIC BEACH, NC.** 3BR, 2BA, sleeps 6, ocean accesses, all amenities, \$825/week. 252-240-2247 or 252-826-4797.

**MILL HOUSE LOOGE—HENDERSONVILLE/FLAT ROCK, NC**  
Tranquil mountain lake setting, pool, cable, 1,2,3 bedrooms, kitchen, linens furnished, grills, canoes, paddle boat. Near Blue Ridge Parkway, Carl Sandburg Home, Flat Rock Play House, Biltmore Estate. 800-736-6073.  
[www.millhouselodge.com](http://www.millhouselodge.com)

**FUN. HOW TO PAN.** Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595.  
WWW.GOLDMAPS.COM

**USEO PORTABLE SAWMILLS!** Buy/Sell. Call Sawmill Exchange 800-459-2148, 205-969-0007, USA & Canada, [www.sawmillexchange.com](http://www.sawmillexchange.com)

**BAPTISTRY PAINTINGS—JOROAN RIVER SCENES.**  
Custom Painted. Christian Arts, Goldsboro, NC  
919-736-4166. [www.christian-artworks.com](http://www.christian-artworks.com)

**CHURCH PEWS, PULPITS, CHAIRS FOR SALE**, new and used. Easy Payment Plan Available. Also cushions, stained glass, steeples. 252-975-9800 or [www.pews.info](http://www.pews.info)

**LOW MILEAGE ENGINES, 199-Day Warranty.**  
www.aaronsautoparts.com, Member BBB. 800-709-9233.

**POLICE IMPOUNOS!** Hondas/Chevys/Jeeps, etc. Cars from \$500! For listings 800-749-8104 x 2798.

**HOMES FROM \$10,000.** Bankruptcies, Foreclosures & HUD's! 1-3 bedrooms! Listings 800-749-8106 x 1072

**CUSTOM BIROHOUSES FROM \$15.00.** Free Brochure:  
TAP, Box 1034, Wake Forest, NC 27588.

**APPLE TREES—OLD SOUTHERN VARIETIES** and modern disease resistant varieties; Free catalog; custom grafting and shipping available. Century Farm Orchards, David C. Vernon, Reidsville, NC 336-349-5709 or [dcvernon@netpath.net](mailto:dcvernon@netpath.net)

**TIRE OF HIGH FUEL PRICES AND UTILITY BILLS!**  
Too Hot In The Summer...Too Cold In The Winter. ESP Low-E® Insulation Is The Answer. Easy To Install, Clean, No Fibers, No Itch. ESP Low-E® Insulation, Feel The Comfort See The Savings All Year Long. Call Today 1-800-289-5693 Ext 120, Ask For Dave.  
[www.reflectiveinsulation.com](http://www.reflectiveinsulation.com)

**MOTOR HOME 1998.** Beaver Monterey 36' diesel, 16,700K—\$111,000. 919-499-2285.

**WORK CLOTHES!** Good clean rental type. 6/pants & 6/shirts to match \$34.95. Lined work jackets \$9.95. Satisfaction guaranteed! 1-800-233-1853 Checks, MC/Visa Accepted. [www.usedworkclothing.com](http://www.usedworkclothing.com).

**HOME BUTCHER SUPPLIES:** Catalog or on-line shopping—(770) 535-7381. [www.home-processor.com](http://www.home-processor.com)

**AFFORDABLE HEALTH INSURANCE**—Major Medical with small co-pays for doctor visits, drugs and routine physicals. Also available—long term care, life and medicare supplements (Plan F—\$95.00 up). 800-470-4415.

**DENTAL PLAN—SAVE UP TO 80%.** Free Chiropractic, Vision, and Prescription. Call 1-800-635-3374.

**SUSPENDERS WITH PATENTED "No-Slip Clip".** Free Catalog 800-700-4515—[www.suspenders.com](http://www.suspenders.com)

**PLAY GOSPEL SONGS BY EAR!** 10 lessons \$12.95.  
 "Learn Gospel Music." Chording, runs, fills—\$12.95.  
 Both \$24. Davidsons, 6727C Metcalf, Shawnee  
 Mission, Kansas 66204.

**PUT YOUR OLD HOME MOVIES** or slides on videotape or DVD. 888-609-9778 or visit [www.transferguy.com](http://www.transferguy.com)

Natural, Non-chemical. As little as 8 cents per day.  
www.pro-agdirect.com Call for FREE brochure.  
800-599-9980.

**BECOME AN ORDAINED MINISTER.** Correspondence study. Founded in 1988. Luke 17:2, Free information. Ministers for Christ Outreach, PMB 107, 6630 West Cactus, #B107, Glendale, AZ 85304. [www.ordination.org](http://www.ordination.org)

**POWER WHEELCHAIRS/LATEST MODELS!** No cost to you if qualified. Covered by Medicare/Medicaid. Call toll-free 1-866-282-1610 for free information.

**ATTENTION DIABETICS/NO MORE FINGERSTICKS!**  
New monitor & all testing supplies at no cost to you if qualified. Covered by Medicare/Medicaid & private insurance. Call toll-free 1-866-282-1610 for free information.

**WWW.BEACHLIFT.COM**—Remote Control Outdoor  
Cargo Lifts Maintenance Free, 252-945-6822.

**R. GILES MOSS AUCTION & REAL ESTATE-NCAL#2036.**  
Specialize In: Real Estate, Business Liquidations,  
Equipment & Estates Web Site:  
[www.gilesmossauction.com](http://www.gilesmossauction.com) 1-800-230-7299.

**FREE DIABETIC SUPPLIES** for Medicare and Insured Patients Delivered to you FREE. Call 1-800-231-3214  
www.shop4diabetics.com

**IRON HORSE AUCTION COMPANY**, Experience & Expertise in Real Estate, equipment and business liquidation auctions. 800-997-2248 NCAL 3936.  
[www.ironhorseauction.com](http://www.ironhorseauction.com)

*The N.C. Association of Electric Cooperatives and its member cooperatives do not necessarily endorse the services and products advertised. Readers are advised to understand fully any agreement or purchase they make.*

Carolina Country classified ads cost \$2 per word, prepaid. Minimum ad \$20. Maximum 75 words. Same ad on Web site is \$20 per month. Send ad and payment to Classifieds, Carolina Country, P.O. Box 27306, Raleigh, NC 27611. For more information, or to pay by credit card, see our Web site at [www.carolinacountry.com](http://www.carolinacountry.com) and click on the Advertising section.

**Deadline: 25<sup>th</sup> of the month,**  
*5 weeks before issue date.*



# Recipes from Tideland EMC country

## Grated Sweet Potato Pudding

From Beck's Comfort Food, Engelhard

- 4 large sweet potatoes
- 2 cups boiling water
- 1 stick butter
- 2 cups sugar
- 3 eggs
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon vanilla flavoring
- ½ cup shredded coconut
- ½ cup flour

Preheat oven to 375°.

Grate the sweet potatoes. In a large mixing bowl, pour the boiling water over the sweet potatoes then immediately add butter and stir until butter has melted. In a separate bowl combine sugar, eggs, cinnamon, nutmeg, vanilla and coconut; mix well. Pour into the sweet potato mixture. Gradually add flour until mixture reaches the desired consistency. Pour into a 13-by-9-inch greased baking dish and bake for 40 to 50 minutes. Use a toothpick to check for doneness.



Hilda Beckwith recommends serving her sweet potato pudding on a homemade biscuit, but eating it all by itself is just fine, too. Beck's Comfort Food is located in Engelhard on Hwy. 264 West. For hours, call (252) 925-4287.



## Spinach Soup with Chickpeas and Potatoes

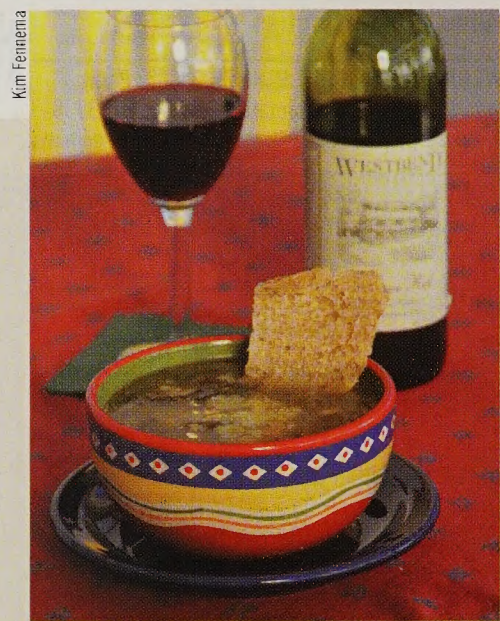
From Back Bay Café, Belhaven

- 3 tablespoons good quality olive oil
- 1 large onion, sliced thin
- 10 cloves of garlic, chopped
- 6 cups chicken stock (preferably homemade)
- 2 large potatoes, cut in half lengthwise and into ¼ inch slices
- 15 ounces cooked chickpeas (8 ounces dry)—if you use canned, drain and rinse well
- 10 ounces spinach (if frozen thaw and press dry)
- 4 ounces roasted red peppers
- Salt and pepper to taste
- Sharp cheddar cheese or Parmesano Reggiano, grated for topping

Place oil in a large soup pot over medium heat. Stir in the onion and garlic and cook until the onion becomes translucent. Do not allow the garlic to burn, as it will taste bitter. Add the chicken stock and potatoes. Bring to a boil, reduce heat and simmer for about 30 minutes.

Stir in the chickpeas, spinach and roasted red peppers. Simmer for 5 minutes, or until chickpeas, spinach and peppers are heated through. Season to taste. Serve in bowls and top with cheese. Better the second day.

If you want to add a meat to this recipe, try cooked Italian sausage cut into bite-size pieces or cooked chicken breast pulled apart in small pieces.



The menu at the Back Bay Café in Belhaven, Beaufort County, changes weekly based on the availability of locally grown produce and the culinary inspirations of Chef Yvonne. The lunch menu includes soup, salad, sandwich and quiche. Evenings offer a sampling of flavors from around the world, including the always popular tapas menu. And for Sunday brunch there's your choice of a sweet or savory crepe complimented with Champagne Mimosas. The café will close for the month of January while the owners tour Europe and the Mediterranean looking for new wines and recipes. Call for hours: (252) 974-2870. Web site: [www.wineandwords.biz](http://www.wineandwords.biz)

## Cinnamon Streusel Cake

from Martelle's Feed House, Engelhard

- 1 box yellow cake mix
- ⅔ cup vegetable oil
- 4 eggs
- 1 cup buttermilk
- ¼ cup sugar
- ⅔ cup brown sugar, firmly packed
- 1 tablespoon ground cinnamon
- ¾ cup powdered sugar
- 2 tablespoons lemon juice

Combine the cake mix, oil, eggs, buttermilk and sugar. Beat for two minutes on medium speed. Pour half the batter into a greased 13-by-9-by-2-inch baking dish.

Combine ⅔ cup firmly packed brown sugar and 1 tablespoon ground cinnamon. Sprinkle half of this over the cake batter. Spoon the remaining batter over the brown sugar mixture. Using a knife, swirl through the cake batter. Bake at 350 degrees until lightly browned and a toothpick comes out clean.

Drizzle the warm cake with a mixture of ¾ cup powdered sugar and 2 tablespoons of lemon juice.

Martelle and Veronica Marshall opened Martelle's Feed House in March 1997 in Engelhard, mainland Hyde County. The name comes from a feed tank that they moved from their former hog farm to the restaurant to use as a sign. They make their own barbecue, use local seafood and offer a lunch buffet and dinner. The site includes a private banquet facility, and catering is available. Call (252) 925-1799 for hours. E-mail: [pig1@direcway.com](mailto:pig1@direcway.com)



# GOURMET COOKIE DOUGH

*A Fundraising Favorite!*

**You choose the selling price! . . . \$11.00 - \$12.00 - \$13.00**

**Earn up to 54% PROFIT**

Make someone happy with Gourmet Cookie Dough. This "no-risk" fundraiser will bring up to 54% PROFIT to your group! Available in 9 mouth-watering flavors, each 3 lb. tub bakes up to 96 delicious cookies.

- Earn Up To 54% PROFIT
- No Extra Charge for Premium Flavors
- FREE Shipping on Qualifying Orders
- Simply Scoop & Bake
- FREE Brochures
- Information Package Available

## **9 Irresistible Flavors:**

*Chocolate Chunk*

*Peanut Butter*

*Oatmeal Raisin*

*Sugar Cookie*

*White Chunk Macadamia Nut*

*Chocolate Chip*

*Cookie with M&M's*

*Snickerdoodle*

*Mint Chocolate Chip*

**Sugar-Free  
Chocolate Chip  
Available**

SAMPLE PROFIT CHART				
# of Sellers	# of Tubs Sold Per Seller	45% Profit Sells for \$11	50% Profit Sells for \$12	54% Profit Sells for \$13
40	8	\$ 1,600.00	\$ 1,920.00	\$ 2,240.00
80	8	\$ 3,200.00	\$ 3,840.00	\$ 4,480.00
200	8	\$ 8,000.00	\$ 9,600.00	\$ 11,200.00
400	8	\$16,000.00	\$19,200.00	\$ 22,400.00

**Order Toll Free:**

**1-800-876-9967**

**Fax: 334-273-4688**

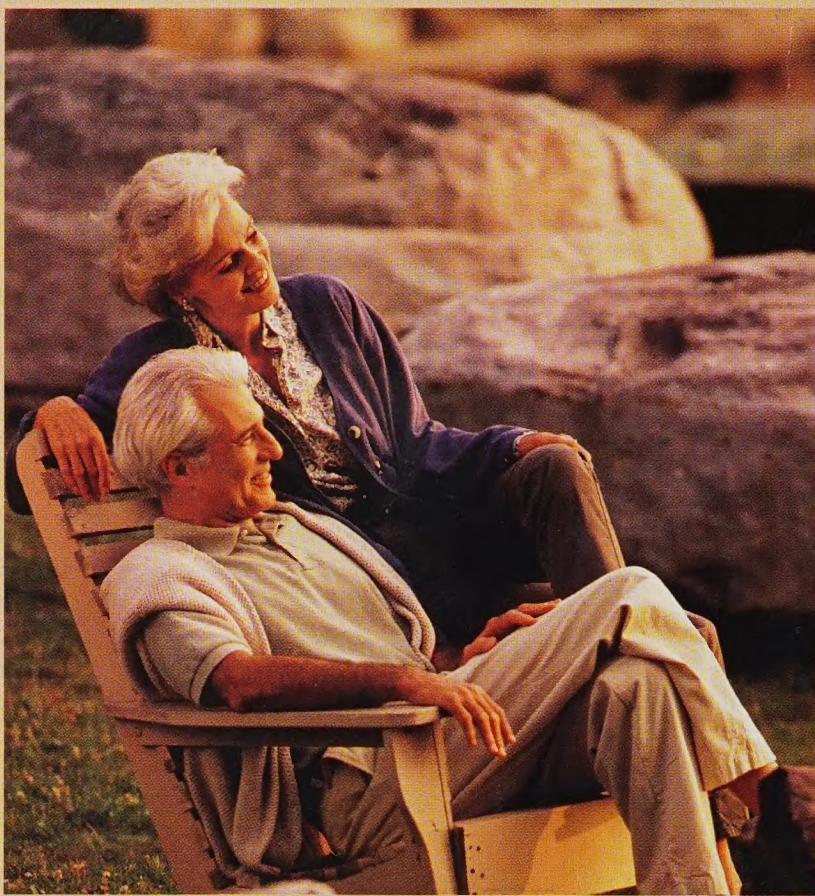
**Revere**

P.O. Box 709  
Montgomery, AL 36101-0709

3MCCE61



# Electric Cooperative Members!



They are the ones you  
love the most...

Your family...the ones  
who share your dreams...

The children and  
grandchildren who make  
every day special...

*Are they prepared for  
your final expenses?*

We can help provide...

Peace of mind  
for you and your loved ones today!

**\$5,000...\$10,000...  
up to \$35,000 today!**

- Protection up to \$35,000
- Benefits begin the first day
- No physical exam, based on coverage
- No waiting period
- Proceeds available immediately at death of insured
- Company cannot cancel your plan, reduce your benefits or raise your premium
- Can cost only pennies a day, increase your worth today to leave cash to help a grandchild with college tuition
- Designate cash to your favorite church or charity
- Whole life insurance policy 4-790(92) underwritten by Standard Life and Casualty Insurance Company

Give your loved ones Peace of Mind today!

Please send me more information:

Peace of Mind  
3700 Forest Drive Suite 205  
Columbia, SC 29204

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Mail today for Complete Details without Obligation!**

CC 1/06

## Sample Monthly Rates per 1,000\*

Issue Age	Female	Male
5	\$ .55	\$ .55
15	\$ .55	\$ .59
35	\$1.08	\$1.30
55	\$2.53	\$3.20
65	\$4.14	\$5.36
75	\$7.64	\$10.23
85	\$16.52	\$19.77

\* DOES NOT INCLUDE POLICY FEE, MINIMUMS APPLY - SMOKER AND NONSMOKER  
\* not affiliated with or endorsed by any government agency